

Book-Form of the Tablet.

For the Use of the Teacher.

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LEARN
TO DO
BY DOING

The..

Tablet

..of..

Teaching

Bookkeeping

..and..

Business Training



Notice to the Student

Remove the cover and the first page of this Tablet using a knife, and beginning at the lower left-hand corner. Comply strictly with all the directions on each page before removing a subsequent page.

100 calory portions of some foods

Cream (thin)	1/4 Cupful (scant)
Milk (whole)	5/8 Cupful
Milk (skim)	1 1/8 Cupfuls
Eggs	1 1/3
White bread	1 Thick slice, or two thin slices
Brown bread	1 Thick slice, or two thin slices
Butter	1 Square (1 1/4 by 1 1/4 by 1 1/4 inches); less than one tablespoonful
Bacon (cooked)	4-5 Small slices
Roast beef (lean)	1 Slice (4 3/4 by 3 1/2 by 1/8 inches)
Pork chop	1/2 Chop (lean meat only)
Potatoes	1 Medium
Cheese	1 1/8 Inch Medium Cube
Soda biscuits	4 Biscuits (2 3/4 by 2 1/2 inches)
Sugar	2 Tablespoonfuls (scant)
Oranges	1 Large
Apples	1 Very large
Bananas	1 Medium
Carrots	1 2/3 Cupfuls of 1/2 inch cubes
Cabbage	4-5 Cupfuls (shredded)
Lettuce	1 1/4 Solid heads
Tomatoes	2-3 Medium, or two scant cupfuls canned
Mayonnaise	1 Tablespoonful
Oatmeal	1/2-3/4 Cupful (cooked)
Cornflakes	1 1/4 Cupfuls
Raisins	1/4 Cupful (seeded); two tablespoonfuls (seedless)
Peanuts (shelled)	20-24 Single nuts

Caplet Method

— Coaching —

Bookkeeping

Business Training

For the Student
This book is designed to help the student
understand the principles of bookkeeping and
the various methods of recording business transactions.
It is a practical guide to the art of bookkeeping.

TESTED AND APPROVED RECIPES

Twenty-four unusual recipes for seasonable dishes submitted by readers and tested and approved by Good Housekeeping Institute

All measurements are level, standard half-pint measuring-cups, tablespoons, and teaspoons being used. Sixteen level tablespoonfuls equal a half-pint. Quantities are sufficient for six people unless otherwise stated. Flour is sifted once before measuring.

Thanksgiving Pudding

1 egg
1 teaspoonful soda
1/2 teaspoonful baking-pow-
der
2 tablespoonfuls melted
butter
1 1/2 cupfuls flour
Salt
1/2 cupful molasses

Dissolve the soda in the molasses, add melted butter, the well-beaten egg, the flour, a pinch of salt, and baking-powder. Beat well and add half a cupful of boiling water. Cook in a double boiler one and a half hours. Serve hot with a sauce made of one-half pint double cream, whipped stiff, to which, just before serving, is added a cupful of powdered sugar, the well-beaten yolks of two eggs, and one-fourth cupful of Sherry. A double-boiler containing a large amount of water in the bottom as a tea-kettle with insert, for instance, may be used for making this; otherwise a steamer.

Mrs. Mildred F. Burruss, 1434 Harvard St., Washington, D. C.

Apple Pudding

5 apples
1/4 cupful molasses
1/4 cupful brown sugar
1 teaspoonful vinegar
1 teaspoonful cinnamon
1/4 cupful cold water
1 tablespoonful butter

Grease the pudding dish, put in the apples, which have been pared, cored, and quartered, then add the other ingredients in the order given and cover the top with a rich pie-crust. Bake thirty minutes.

Mrs. C. A. Wheeler, 110 Walnut St., Nashua, N. H.

Puritan Turkey Stuffing

1 cupful corn-meal bread
1 cupful wheat bread
1 egg
Milk to moisten
1/4 cupful butter
2 teaspoonfuls salt
1/4 teaspoonful pepper
1 teaspoonful sage
1/4 cupful minced black or
English walnuts

Melt the butter in a pan until it is a golden brown color. Remove the crusts from the breads and wring out of hot water. Add to the butter. Beat the egg, to a cream, put it into the pan with the bread, add milk, and mix thoroughly. Then add the walnuts and seasonings, stirring constantly. Cook for two minutes after it reaches the boiling-point. Put the stuffing in the turkey while the former is very hot, as its deliciousness depends largely upon the fact of not allowing it to become cool. This makes about three cupfuls of stuffing.

Mrs. K. S. Cross, R. D. 2, Nicholson, Pa.

German Turkey Stuffing

2 cupfuls bread-crumbs
1 egg
2 tablespoonfuls butter
2 teaspoonfuls sugar
1/4 cupful chopped almonds
Salt
1 dozen whole seeded raisins

Soften stale bread in a little milk and water; press out all the liquid. Then add the butter, melted, egg, beaten slightly, sugar, almonds, and raisins. Season to taste with salt.

E. H. Buttlar, Plattsburg Barracks, N. Y.

Nutmeg Toasties

Whole-wheat or white
bread
Butter
Nutmeg

Slice bread thin, cut in triangles, and toast. Paint each piece generously with melted butter, using a flat pastry brush. Sprinkle lightly with nutmeg. Set in hot oven three minutes. Serve with grapefruit marmalade.

Mrs. F. R. Mason, 813 Ronald Ave., Missoula, Mont.

Pan-Roasted Potatoes

6 potatoes
1/2 cupful beef-fat
1 cupful hot water

Use potatoes of medium uniform size. Dip each thoroughly in the water and fat mixed together. Put on a shallow pie-plate in a hot oven, and bake about three-quarters of an hour. This method can be used when no roast is at hand with which to cook the potatoes.

Mrs. W. T. Stanton, Stow, Mass.

MENUS

for the

Expectant Mother

(Any recipe called for will be sent for a two-cent stamp)

Monday, Breakfast

Bananas
Ready-Cooked Cereal
Soft-Cooked Eggs and Frizzled
Bacon
Plain Muffins
Coffee, Half Milk

Dinner

Cottage Pie
Peas
Apple, Celery, and Nut Salad
Sea-Moss Blanc-Mange

Supper

Salmon Puff
Drawn-Butter Sauce
Orange Biscuits
Chocolate Cake

Tuesday, Breakfast

Cream of Wheat with Dates
Hamburg-Steak Balls
Creamed Potatoes
Quaker-Oats Muffins
Coffee, Half Milk

Dinner

Tomato Soup
Baked Halibut
Riced Potatoes
Buttered Beets
Apple Fluff

Supper

Creamy Eggs
Gifford-House Cookies
Toast
Milk

Wednesday, Breakfast

Stewed Prunes
Rye Flakes
Thin Cream or Milk
Lamb-Chops
Corn Bread
Coffee, Half Milk

Dinner

Celery Soup
Roast Chicken
Mashed Potato
Squash
Jelly
Baked Apples, Southern Style

Supper

Oyster Stew
Crackers on Toast
Oatmeal Cookies

Thursday, Breakfast

Sliced Orange
Chicken Omelet
Bran Bread with Raisins
Coffee, Half Milk

Dinner

Broiled Tenderloin Steak
Delmonico Potatoes
Stewed Corn
Lettuce Salad
Prune Whip

Supper

Lentil Soup
CROUTONS
Nutmeg Toasties
Grapefruit Marmalade

Friday, Breakfast

Apple Sauce
Oatmeal Mush
Poached Egg on Toast
Graham Gems
Coffee, Half Milk

Dinner

Fish Pie
Baked Sweet Potatoes
Tomato-Jelly Salad
Grapes
Vanilla Wafers

Supper

Egg Salad
Whole-Wheat Bread
Sponge Cake
Malted Milk

Saturday, Breakfast

Grapefruit
Creamed Codfish
Baked Potato
Toast
Coffee, Half Milk

Dinner

Fricassee of Lamb
Brown Gravy
Tossed Potatoes
Spinach à la Crème
Chocolate Blanc-Mange

Supper

Cheese Pudding
Ginger Cookies
Brown Bread
Milk

Sunday, Breakfast

Baked Apple
Cracked Wheat and Thin Cream
Eggs Scrambled with Chipped Beef
Brown-Bread Toast
Coffee

Recipes for this department may be submitted by any reader of Good Housekeeping. They should never before have been printed. At least one dollar will be paid for every recipe accepted. Stamps must be enclosed for the return of unavailable manuscripts.

Shrimp à la De Soto

1 cupful shrimp
1/2 can tomatoes
1/2 minced onion
1/4 cupful olive-oil or butter
1/2 bay-leaf
1 cupful rice
Salt and cayenne pepper to
taste

Brown the onion and garlic in the fat, then add the shrimp, tomatoes, bay-leaf, salt, and cayenne pepper. Cook twenty minutes, stirring frequently. Thicken with one tablespoonful corn-starch moistened with water, and cook fifteen minutes longer. Cook rice until very dry and mold in the center of a large serving-dish. When ready to serve pour the shrimp mixture over and around the rice and garnish with parsley.

Mrs. Otto Katz, 911 Cherokee St., New Orleans, La.

Bran Bread

2 cupfuls bran
2 cupfuls bread-flour
1 egg well-beaten
1 teaspoonful salt
1/2 cupful molasses
2 cupfuls graham flour
1/2 cupful seeded raisins (if
desired)
2 tablespoonfuls sugar
2 cupfuls sour milk
1/2 teaspoonful baking-pow-
der
1 teaspoonful soda

Mix the sugar, salt, and egg. Add the molasses, and then the sour milk containing the soda. Stir in slowly the bran and graham and bread-flour. Lastly, add the baking-powder. If raisins are used, they should be floured and added just before the bread is put into the pans. Bake in a moderate oven for forty-five minutes. This makes two loaves and is especially good for children.

Lillian Otis Dowrie, 529 Walnut St., Ann Arbor, Mich.

Apple Fluff

6 baking apples
Butter
Coconut
Sugar

Pare and core apples and fill each center with coconut soaked in milk. Place a bit of butter on top, and steam until soft. Remove carefully to a shallow pan, sprinkle with sugar, and brown lightly in the oven. Serve hot with whipped cream.

Mrs. C. S. Dow, 61 Richards Place, West Haven, Ct.

Stewed Lentils

1 cupful lentils
1 onion
1 green pepper
1 tablespoonful butter or oil
Salt and pepper to taste

Chop the peppers after removing the seeds, add the washed lentils, and cook until tender in cold water. Fry the chopped onion in the butter until brown, add the drained lentils, and fry a little more. Then add the drained water and simmer until nearly dry. Season and serve.

Mrs. W. M. Barrett, 707 N. L. St., Tacoma, Wash.

Lentil Soup

1 cupful lentils
1/4 cupful finely chopped
onion
1/2 cupful finely chopped
raw white potatoes
1 teaspoonful salt
2 scant quarts cold water

Place all ingredients together in stewpan, cook moderately for two and one-quarter hours. When cooking, put half slice of white bread in pot to prevent sticking and remove when soup is ready to be served. This is a good nursery dish.

Miss Helena Kneivitz, 3537 Willett Ave., Bronx, N. Y. C.

Baked Apples, Southern Style

6 choice apples
1/2 cupful sugar
1 pint milk
3 eggs
1/2 cupful sugar
1 teaspoonful vanilla
Salt

Pare and core apples that are not too sour to hold their shape when baked. Put in a pudding dish, sprinkle the half-cupful of sugar over and around them, also filling place where the core was taken out. Put in oven and bake. Remove from oven and pour around them the milk mixture made thus: beat the eggs well, add sugar, and beat again, add milk, salt, and vanilla. Bake slowly until a knife-blade will come out clean after insertion in the custard. Serve hot or cold. This is an especially good dessert for children.

Maude Ward Rich, Omaha, Neb.



DESIGNED BY WINNIFRED FALES

This "Merry Christmas" Cake is Mol-
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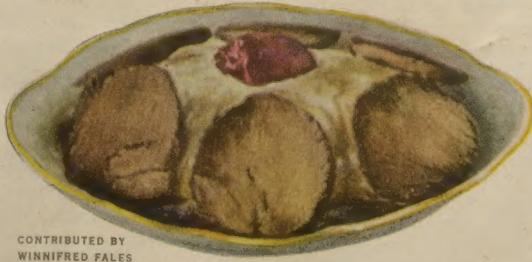
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Oxford John

THIS is an old English dish that offers a simple but delectable way of reheating cold meat. Brown well in butter slices of cold mutton; add one cupful of rich stock or cold gravy and a teaspoonful of currant jelly, and season with salt and pepper, onion juice, a little chopped parsley and a blade of mace. Simmer for five minutes. Arrange the slices on a platter, surrounding a low mound of mashed potato. Strain the gravy over all. Garnish with a large spoonful of jelly.

CONTRIBUTED BY
WINNIFRED FALES



Parsnip Cutlets With Beans

CONTRIBUTED BY
MARION HARRIS NEIL



TO TWO cupfuls of mashed parsnips add one cupful of grated cheese, one tablespoonful of pepper and the yolks of two eggs. Mix over the fire and turn out to cool. Form into neat cutlets, brush over with egg, toss in bread crumbs and fry in smoking-hot fat. Drain, and arrange round a hot dish. Fill the center with stewed beans. For the stewed beans melt two tablespoonfuls of butter substitute; add one teaspoonful each of molasses and mustard, two teaspoonfuls of onion juice and the strained juice of half a lemon mixed with one cupful of hot water. Now add two cupfuls of boiled beans and cook for ten minutes. Serve with a piquant sauce.

Baked Squash

CONTRIBUTED BY MARION HARRIS NEIL



REMOVE the tops from two squashes and scrape out the inside; mix this with one cupful of bread crumbs, two slices of onion chopped, one tablespoonful of butter, half a cupful of milk, one tablespoonful of chopped parsley, and seasoning of salt and pepper. Fill the squashes with this dressing, sprinkle bread crumbs over the top and bake slowly until tender.



CONTRIBUTED BY MARION HARRIS NEIL

Stuffed Eggplant

CUT two eggplants into halves lengthwise. Scoop out the seeds, sprinkle with fine salt and let them lie with the hollow sides downward for one hour. Mix one cupful of bread crumbs with three-quarters of a cupful of chopped cooked ham, one cupful and a half of the egg-plant pulp, one teaspoonful of salt, half a teaspoonful of white pepper, a quarter of a teaspoonful of paprika, one tablespoonful of chopped onion, one beaten egg and three-quarters of a cupful of stock. Put this mixture into the shells. Cover with buttered bread crumbs seasoned with half a tablespoonful of chopped parsley and two tablespoonfuls of grated cheese. Place in a pan, pour in two cupfuls of water and bake in a moderate oven for thirty minutes. Garnish with parsley and boiled beans. Serve with tomato sauce.

Baked Potatoes With Meat and Green Peppers

CONTRIBUTED BY
HARRIET COATES



CLEAN and dry three good-size long potatoes; bake until done; then cut each potato into halves lengthwise, scoop out the pulp and pass it through a wire sieve. Melt a tablespoonful of butter substitute in a stewpan and put in the sieved potatoes. Add a tablespoonful of milk, and season with salt and pepper. Mix a cupful of minced cold meat with half a cupful of bread crumbs, one tablespoonful of finely chopped onion and half a green pepper, finely chopped. Season with salt and pepper, bind with a little gravy and fill the potato shells. Put the sieved potatoes into a forcing bag and decorate the edge of the shells. Brown in the oven. Serve hot. These are especially nice when left-over chicken is used with white sauce.



CONTRIBUTED BY MARION HARRIS NEIL

Braised Neck of Mutton

TRIM and remove the bones from six pounds of neck of mutton; fold in the thin end and tie. Melt three tablespoonfuls of butter substitute in a saucepan; add one sliced onion, two cloves and a small bunch of herbs and fry for five minutes. In this place the mutton; add four slices of bacon; then cook the meat, turning it frequently until it is browned. Add one cupful of stock, one teaspoonful of salt and half a teaspoonful of pepper. Simmer for one hour. Add one cupful of brown sauce, and finish cooking in the oven. Serve on a hot dish. Garnish with onions, apple croquettes, strips of cooked carrots and parsley. Strain the sauce and skim off the fat; add one tablespoonful of butter substitute and one tablespoonful of flour, mixed together, and half a cupful of milk. Cook for five minutes and strain over the meat.



CONTRIBUTED BY MARION HARRIS NEIL

Leg of Mutton Roasted and Planked

CHOOSE a small leg of fat mutton and trim it. Season with salt, pepper and finely chopped parsley. Roast it in a hot oven for thirty minutes; baste frequently, and finish the cooking on a hot plank in a slacker oven until tender. Serve with gravy on a hot plank covered with cooked and seasoned noodles; garnish with cut-out cooked turnips and carrots and sprigs of parsley. The mutton may be carved on a carving board.

CONTRIBUTED BY MARION HARRIS NEIL

Stuffed Eggplant

CUT two eggplants into halves lengthwise. Scoop out the seeds, sprinkle with fine salt and let them lie with the hollow sides downward for one hour. Mix one cupful of bread crumbs with three-quarters of a cupful of chopped cooked ham, one cupful and a half of the egg-plant pulp, one teaspoonful of salt, half a teaspoonful of white pepper, a quarter of a teaspoonful of paprika, one tablespoonful of chopped onion, one beaten egg and three-quarters of a cupful of stock. Put this mixture into the shells. Cover with buttered bread crumbs seasoned with half a tablespoonful of chopped parsley and two tablespoonfuls of grated cheese. Place in a pan, pour in two cupfuls of water and bake in a moderate oven for thirty minutes. Garnish with parsley and boiled beans. Serve with tomato sauce.

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Apple Dumplings

4 apples
2 cupfuls sugar
Milk

Butter
Cinnamon
Rich biscuit-dough

Make a rich biscuit-dough of two cupfuls of flour, four teaspoonfuls baking-powder, one teaspoonful salt, and four tablespoonfuls lard, and milk to make a dough as soft as can be handled comfortably (about three-quarters cupful will be needed). Roll out thin like pie-crust and cut into six equal sections. Have ready four apples peeled and cut in eighths; heap about six pieces of apple on each section of biscuit-dough, add a small piece of butter, cinnamon, and a cupful of sugar divided equally between the six. Gather the dough up around, pinching together at the top. Place in deep baking-pan; pour over them a pint of boiling water in which a cupful of sugar, a heaping teaspoonful of butter, and one-fourth teaspoonful of cinnamon have been stirred. Bake about forty-five minutes in a hot oven, covering them at the last if they get too brown. To be eaten either hot or cold, and preferably with cream.

Mrs. Z. Stewart, 465 Clara St., Edmonton, Alberta, Can.

Spice Layer Cake

1 cupful butter
2 cupfuls granulated sugar
3 eggs
2 egg-yolks
1 cupful lukewarm water
3 1/2 cupfuls flour
1/4 teaspoonful salt
4 teaspoonfuls baking-powder
1 teaspoonful nutmeg
1 teaspoonful cinnamon
1 teaspoonful allspice
1/4 cupful broken pecan-meats
1 teaspoonful vanilla

Mix in order given, and bake in three layers. Use marshmallow frosting. This makes a very large cake. Two-thirds of the recipe, baked in two layers, makes a medium-sized cake.

Mrs. A. H. Hecker, 4111-a Labadie Ave., St. Louis, Mo.

Marshmallow Frosting

1 1/2 cupfuls granulated sugar
Whites of 2 eggs beaten stiff
1/4 pound marshmallows
1/2 cupful water

Boil sugar and water until it will form a soft ball. Remove from fire and add marshmallows cut in pieces, and beat into the stiffly beaten whites of the eggs. Beat until right consistency to spread, and place between the layers and on top.

Mrs. A. H. Hecker, 4111-a Labadie Ave., St. Louis, Mo.

Oysters and Macaroni

1 pint oysters
1/4 cupful macaroni, broken into inch pieces
1/4 cupful grated American cheese
1/4 cupful butter
1/4 cupful dried bread-crumbs
1 teaspoonful salt
1/4 teaspoonful paprika

Cook macaroni until tender. Scald the oysters. Put a layer of crumbs, macaroni, cheese, oysters, seasonings, and oyster-liquor into a buttered baking-dish. Repeat until all is used, and make the last layer of crumbs. Bake thirty minutes in a moderate oven.

Mrs. J. G. McBurney, 266 East 23rd St., Brooklyn, N. Y.

Baked Sliced Ham

2 pounds sliced ham
2 teaspoonfuls minced parsley
Juice 1/2 lemon to each slice

Order ham sliced one-half inch thick; remove fat nearly to the lean, and chop it fine. Mince the onion and parsley, mix with the fat, and spread over the ham, which should be put into a dripping-pan. Squeeze over the lemon-juice, and bake till tender in a moderate oven, from thirty to forty minutes. A delicious brown or milk gravy can be made from the drippings in the pan.

Mary A. Southworth, 5325 Blackstone Ave., Chicago, Ill.

Boston Cake

1 cupful sugar
1/2 cupful butter
2 eggs
1 cupful flour
1/4 teaspoonful salt
1 teaspoonful baking-powder
1/2 cupful corn-starch
1/2 cupful milk
1 teaspoonful vanilla

Cream together the sugar and butter, break into this one egg, and beat. Sift the flour three times, the last time adding the salt, baking-powder, and corn-starch. Add a little of this to the first mixture, stir in the second egg and the milk, then the remaining flour and the vanilla. Bake in a moderate (375° F.) oven, in a loaf or in two layers. If the layers are used, put together with chocolate frosting and cream filling.

Miss Orra E. Guild, Nassau Place, Peekskill, N. Y.

Dinner

Roast Sirloin of Beef
Sweet Potatoes
Creamed Carrots
Pineapple Tapioca
Spaghetti
Dressed Lettuce

Supper

Lettuce Sandwiches
Nut and Raisin Sandwiches
Apple Sauce, New Style
Milk

SUGGESTED NOVEMBER MENUS

Breakfast

Shredded Wheat and Milk
Bacon and Eggs, New Style
Rice Muffins
Coffee

Luncheon

Chicken Timbales
Delicious Quick Tea Rolls
Every-Day Lemon-Rice Pudding

Dinner

Consommé
Beefsteak with Oyster Blanket
Potato Balls
Frozen Pineapple Pudding
Squash
Coffee

Breakfast

Grapes
Farina and Cream
Cheese Omelet
Bran Muffins
Coffee

Luncheon

Shrimps à la De Soto
Whole-Wheat Bread
Ginger Creams
Tea

Dinner

Lamb-Chops with Green Peppers
Rice
String-Bean Salad
Apple Dumplings
Stewed Parsnips
Coffee

Breakfast

Half an Orange
Minced Lamb on Toast
Corn Bread
Coffee

Luncheon

Spaghetti Neapolitan
Graham Bread and Butter
Peach Sauce
Peanut-Butter Cookies

Dinner

Beef-Stew with Vegetables
Dumplings
Nut and Pickle Salad
Tapioca Cream Pudding
Coffee

Breakfast

Banana
Thin Cream
Chipped Beef in Cream
Toasted Wheat
Coffee

Luncheon

Oysters and Macaroni
Clover Biscuits
Prune Custard

Dinner

Pork-Chops with Dressing
Sweet Potatoes
Neapolitan Salad
Apple Pudding
Spinach Cream
Coffee

Breakfast

Stewed Prunes
Salt Mackerel
Emergency Biscuits
Baked Potato
Coffee

Luncheon

Poached Eggs in Tomato Sauce
Apple Johnny-Cake
Plain Blanc-Mange
Tea

Dinner

Tomato Soup
Lobster-Chops
Saratoga Chips
Dressed Lettuce
Marshmallow-Caramel Pudding
Cole-Slaw
Coffee

Breakfast

Baked Apple
Broiled Ham
Corn Griddle-Cakes
Thin Cream
Coffee

Luncheon

Baked Kidney-Beans
Mustard Pickle
Brown Bread
Wafers
Tea

Dinner

Pot Roast of Veal
Riced Potatoes
English Brown Pudding
Celery Fruit Salad
Coffee

The Way I Fry Chicken

Dress, disjoint, and salt the chicken, then drain it and flour each piece thoroughly. Melt enough lard in a large skillet a little more than to cover the bottom, and cook the chicken rapidly with the skillet covered, until light brown. Turn each piece, place bits of butter on each, replace the lid, and cook until it is a nice golden-brown; then place the chicken in a tightly covered pan and steam for two hours, or till ready to serve. Make a gravy in the pan in which the chicken was fried, using milk instead of water.

Mrs. F. W. Cooper, Middletown, Ind.

Cranberry Salad

1 quart cranberries
2 cupfuls boiling water
2 cupfuls sugar
2 1/2 tablespoonfuls gelatin
1 cupful diced celery
1/2 cupful chopped walnut-meats
Lettuce
Mayonnaise or boiled dressing

Cook together the cranberries and water for twenty minutes. Rub through a sieve, stir in the sugar, and cook five minutes. Add the gelatin dissolved in a little cold water and just before this begins to set pour half of the mixture into a shallow, enamelware pan which has been rinsed in cold water. Allow it to set, keeping the remainder warm to prevent it from becoming stiff. Over the first half sprinkle the diced celery and nut-meats. Pour the remaining half over this and allow it to set. Cut into slices and serve on leaves of lettuce with a garnish of salad dressing and a few extra nut-meats.

Mrs. W. A. Bandy, Crisman, Ill.

Cream-of-Celery Soup

1 1/2 cupfuls lamb- or chicken-stock
1 1/2 cupfuls milk
1/2 cupful cream
12 stalks celery
1 potato
1 small onion
2 sprigs parsley
Bit of bay-leaf
Few grains mace
2 tablespoonfuls butter
1 1/4 tablespoonfuls flour
Salt and pepper to taste
Few grains soda

Prepare vegetables, and chop them all together till very fine; add to the stock and let simmer till tender, about thirty minutes. Heat the milk, mace, and bay-leaf together in a double boiler, add the stock and vegetables, together with a few grains of soda and then stir in the butter and flour, which should be creamed together. Season to taste, cook ten minutes, add cream, which should be scalded, and serve at once.

Lucy E. Hubbell, 2 Franklin Court, Garden City, L. I.

Duchess Cream

1/2 can pineapple
1/2 cupful pearl tapioca
1 1/2 oranges
1 cupful sugar
1 egg-white
Sweetened whipped cream
6 chopped maraschino cherries
Few grains salt

Soak the tapioca overnight. Drain the pineapple from the juice, and cut it into small dice. Divide the oranges into sections, and cut the pulp into small pieces. Drain the orange and pineapple pieces thoroughly, and add this juice to the pineapple-juice. Pour off any surplus water from the tapioca, add the fruit-juices, sugar, and salt. Cook until transparent, and add a little water if necessary. Cool it slightly, and add gradually to the egg-white beaten stiff. Then turn in the pineapple and orange bits. Chill. Serve in sherbet glasses, with a garnish of whipped cream and the chopped cherries.

Mrs. Isabella Brandt, 524 West Ninth St., Erie, Pa.

Fluffy Omelet

6 eggs
1 teaspoonful salt
2 cupfuls stale bread-crumbs
1 cupful milk

Combine the bread-crumbs, milk, salt, and egg-yolks. Beat the egg-whites until stiff and fold lightly into the mixture of yolks and crumbs. Melt a tablespoonful of butter in a hot frying-pan. Pour in the omelet mixture and let cook till it has set and is beginning to brown; then cut it in squares and turn with a cake-turner. Serve at once. For variety, a fourth-cupful of chopped ham or grated cheese may be added.

Mabel A. Galbreath, Lisbon, O.

Fig Muffins

2 1/2 cupfuls bread-flour
1 teaspoonful salt
4 teaspoonfuls baking-powder
1/2 teaspoonful soda
1 cupful cooked figs and juice
1/2 cupful milk
3 tablespoonfuls melted shortening
1 egg, beaten

Mix ingredients together in order given and beat well. Put into hissing-hot muffin-pans and bake from twenty-five to thirty minutes in a moderate oven, starting at 375° F., then decreasing the heat.

Mrs. F. D. Slaght, Hartsville, S. C.



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Pumpkin Biscuits

PUT into a bowl one cupful and a half of cooked pumpkin; add four tablespoonfuls of sugar, one teaspoonful of salt, a quarter of a cupful of butter substitute melted, half a cupful of lukewarm milk, half a yeast cake dissolved in a quarter of a cupful of lukewarm water, five cupfuls of whole-wheat flour and two cupfuls of white flour. Let rise; put together in thin biscuits, with butter substitute in between; brush over with milk; when risen, bake in a hot oven.



CONTRIBUTED BY
MARION HARRIS NEIL

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CONTRIBUTED BY MARION HARRIS NEIL

Corn Crullers

SCALD half a cupful of milk in a double boiler; add one cupful of corn meal and stir until thick; then add another cupful of corn meal, half a cupful of cold milk, two tablespoonfuls of butter substitute, half a cupful of sugar, half a cupful of flour, two teaspoonfuls of baking powder, half a teaspoonful of salt, half a teaspoonful of powdered mace and one well-beaten egg. Mix well and chill. Roll out, cut with a cutter and fry in smoking-hot fat. If liked, roll in sugar.



CONTRIBUTED BY
HARRIET COATES

Corn-and-Rice Muffins

POUR two-thirds of a cupful of hot milk over one cupful of cooked rice and work with a fork to separate the grains; add half a cupful of corn meal to the hot mixture, two tablespoonfuls of bacon fat, half a teaspoonful of salt and one tablespoonful of brown sugar; set aside to cool. When the mixture is cold, add half a cupful of flour and three teaspoonfuls of baking powder; beat it thoroughly; bake in well-greased muffin pans in a hot oven for twenty minutes.



CONTRIBUTED BY
WINNIFRED FALES

Corn Muffin Dessert With Spiced Apples

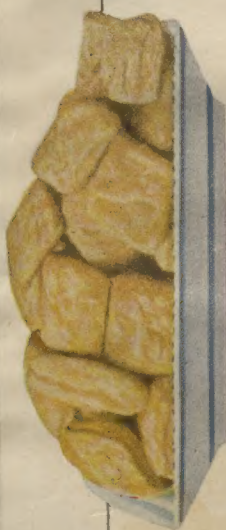
CUT four medium-size apples into eighths, and core but do not pare them. Divide each eighth crosswise into four pieces. Place one teaspoonful of whole cloves and half a stick of cinnamon in three-quarters of a cupful of vinegar and boil for five minutes. Then add one cupful and a half of sugar and half of the apples and continue boiling. When the apples are tender remove with a skimmer and cook the other half. Pour this over the apples and cool. Make eight large-size corn muffins by any standard recipe, slightly increasing the amount of sugar. When they come from the oven cut a circular "lid" from the top of each and scoop out the interior with a teaspoon (the rejected portion can be dried for crumbs, or utilized in bread pudding). Fill with the spiced apples and sirup and place the lids on top. Serve immediately.



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WINNIFRED FALES

Steamed Corn Meal Apple Pudding

STIR three teaspoonfuls of baking powder thoroughly into one cupful of sugar, and add this mixture to one quart of freshly made mush, following with one scant pint of pared and sliced apples, two tablespoonfuls of melted butter and two well-beaten eggs. Turn into a greased mold and steam for two hours. Serve hot with a spoonful of ice cream on each portion, or with lemon sauce made by boiling together one cupful of sugar and one cupful of water. When cool, add the grated rind of one lemon, one tablespoonful of the juice and a little cinnamon.



CONTRIBUTED BY MARION HARRIS NEIL

Potato Biscuits

INTO two cupfuls of hot mashed potatoes put two teaspoonfuls of salt, two tablespoonfuls of butter substitute, one teaspoonful of baking soda stirred into two cupfuls of sour milk, three cupfuls of rye flour and two cupfuls of white flour or sufficient to make a soft dough. Roll out, cut with a small cutter, place on greased tins, allow to stand in a cool place for one hour and bake in a hot oven for fifteen minutes.



CONTRIBUTED BY
MARION HARRIS NEIL

Graham and Rye Cookies

CREAM together one cupful each of white sugar, brown sugar and butter substitute; add two well-beaten eggs, one teaspoonful of salt, one teaspoonful each of vanilla and lemon extracts, two teaspoonfuls of baking soda, one scant cupful of sweet milk, five cupfuls each of Graham and rye flours. Roll out a portion of the mixture at a time, cut out with a cookie cutter, place on greased tins and bake in a moderate oven for from twelve to fifteen minutes.



CONTRIBUTED BY
MARION HARRIS NEIL

Rice Waffles

HEAT one cupful of milk; add one tablespoonful and a half of butter substitute and the beaten yolk of one egg; then add one cupful and a half of flour and beat well. Now add the beaten white of the egg, half a cupful of cooked rice and two teaspoonfuls of baking powder. Beat the batter for two minutes and cook on a hot, well-greased waffle iron. When the waffles are done serve them hot with maple sirup, honey, powdered sugar or jelly.

5 0 0 0

All measurements are level—standard half-pint measuring-cups, tablespoons, and teaspoons being used. Sixteen level tablespoonfuls equal a half-pint. Quantities are sufficient for six people unless otherwise stated. Flour is sifted once before measuring.

Rhubarb with Bananas 1400 Calories
4 cupfuls sweetened rhubarb sauce 2 large bananas
1/2 cupful sugar

Slice the bananas thinly in a serving-dish. Sprinkle them with the sugar. Pour the hot sweetened rhubarb sauce over the bananas. Set aside to cool. Serve cold.

Mrs. O. E. Winkler, Paxico, Kan.

Alaska Pudding 2420 Calories
1 1/2 cupfuls cream or evaporated milk 1/2 pint currant or red-rasp-
berry jelly
1/2 lb. large prunes 1 cupful hot water
1/2 cupful sugar 1 lemon
2 tablespoonfuls sugar

Cook prunes till tender, remove stones, and rub through a colander. Add cream and sugar and freeze; then pack in the bottom of a one-quart mold. Dissolve jelly with water, add lemon-juice and sugar, cook; then freeze and when frozen pack on top of the prune ice-cream. Seal the mold carefully and pack in ice and salt, one part of salt to two parts of ice, leaving for two hours before serving.

Mary H. Lambie, Fort Bliss, Texas.

Molded Fish 1500 Calories (Without dressing)
1 small can or glass jar Bismarck herring 1/2 cupful lemon-
juice
1 lb. can tuna fish 1/2 teaspoonful paprika
2 tablespoonfuls granulated gelatin 1/2 lb. butter
1 cupful well-seasoned soup stock 1/2 cupful cold water
Mayonnaise

Put the herring, tuna fish, and butter through the food-chopper; add the seasoning. Soak the gelatin in the cold water until soft and dissolve it in the hot soup-stock. Put all together in a mold; when cold turn out on a bed of lettuce. Serve with mayonnaise. Hard-cooked eggs and diced tomatoes may be used as a garnish.

Irene S. Feist, 812 S. 12th St., Newark, N. J.

Marbled Tongue 3475 Calories
1 lb. boiled tongue 1/2 cupful melted butter
2 lbs. cooked veal Salt
Pepper

Chop veal and tongue separately until fine; add salt and pepper to taste. Pour over the veal the melted butter, mix thoroughly; then put alternate layers of each in a pan and put under a press or weight. Serve in slices with lemon or a garnish of green. This will serve ten to twelve persons.

Miss Estell Claesys, 5107 Page Bldg., St. Louis, Mo.

Chicken Gelatin 2575 Calories
1 3- to 4-lb. chicken 3 hard-cooked eggs
1 lb. cold cooked tongue Celery-salt
1 tablespoonful granulated gelatin 2 tablespoonfuls cold water
1 pint clear brown stock

Roast the chicken. When cold slice and lay in a mold with alternate layers of sliced tongue and occasional slices of hard-cooked eggs; season with celery-salt. Soak gelatin in cold water five minutes and dissolve in boiling stock. Pour it over the meat. Let stand several hours in a refrigerator before unmolding. This recipe will serve at least eight persons.

Miss Estelle Claesys, 5107 Page Bldg., St. Louis, Mo.

Rice Soufflé 995 Calories
3 tablespoonfuls butter 3 eggs
3 tablespoonfuls flour 1 cupful cold boiled rice
1 cupful cold milk Salt and pepper to taste

Blend the butter and flour in a hot saucepan, gradually add the cold milk, and stir over the fire until it is a smooth, creamy sauce. Beat the yolks of the eggs, add seasoning. Mix the white sauce and egg-yolks with the rice, fold in the beaten whites, and bake in a buttered baking-dish in a slow oven.

Miss Lillian R. Morris, 2233 Chapel St., Berkeley, Cal.

Pot Roast with Vegetables
3 lbs. bottom round, whole small white
rolled tightly onions
5 medium-sized potatoes, 1 green pepper, cut in
quartered strips
8 medium-sized carrots, 1/2 teaspoon pepper
cut in pieces 3/4 cup water
1 tablespoon salt 4 tablespoon shortening

Dredge meat with salt and pepper. Preheat cooker for twenty minutes. Sear one side of meat in shortening for ten minutes (cover of cooker off), turn meat, add vegetables and water.

Place trivet on top of meat and vegetables; on it set pan containing Tiny Tim Pudding. Cover cooker and cook 40 minutes on high, then forty-five minutes on low. Disconnect and let cook forty-five minutes on retained heat. This is an economical way to cook the less tender cuts.

M E N U S

for
Successive Days in
AUGUST

(Any recipe called for will be sent for a two-cent stamp)

EXTRAVAGANT and wasteful use of food is reprehensible at any time; with the nation at war and the food-supply scarcely adequate, it is little short of treasonable. Hence it is that thriftiness and economy in their kitchens is the nation's first demand of its housewives. Some hundreds of thousands of these housewives have found the recipes and menus on these pages of the greatest assistance in attaining these ends. The caloric value of each recipe is carefully calculated, and this enables the menus to be as carefully balanced. With the recipes you can cook without waste, for the number they will serve is always known. In a word, that strict individual economy and conservation of resources that patriotism entails is made easy by a consistent use of these pages.

Breakfast
Blackberries
Creamed Dried Beef
Whole-Wheat Bread Toast
Coffee

Luncheon
Luncheon Tomatoes
Hot Baking-Powder Biscuit
Yale Blueberry Cake
Iced Tea

Dinner
Chicken Gelatin
Mashed Potatoes Green Corn
Cucumber and Lettuce Salad
Cold Fruit Pudding

Breakfast
Cantaloup
Ready-Cooked Cereal
Top Milk
Blueberry Muffins Coffee

Luncheon
Spanish Omelet
Bread and Butter
Gingerbread Iced Buttermilk

Dinner
Jellied Chicken Bouillon
Stuffed Eggplant Shells
Tomato Succotash
Lettuce Salad
Chocolate Pudding

Breakfast
Rhubarb and Bananas
Chicken Omelet
Bran Muffins Coffee

Luncheon
Stuffed Tomato Salad
Hot Corn Cake
Sea Moss Blanc Mange

Dinner
Boiled Whitefish Egg Sauce
String-Beans
Plain Boiled Potatoes Sprinkled
with Parsley
Lettuce and Radish Salad
Huckleberry Pudding

Breakfast
Ready-Cooked Cereal with Blue-
berries
Cream
Fried Crumbed Bacon Toast

Luncheon
Onion Toast
Sliced Tomatoes
Blueberry Cake
Tea or Milk

Dinner
Roast Loin of Veal
Pan-Browned Potatoes Radishes
Creamed Carrots and Onions
Vanilla Ice-Cream with Chocolate
Mint Sauce
Wafers

Recipes for this department may be submitted by any reader of Good Housekeeping. They should never before have been printed. At least one dollar will be paid for every recipe accepted. Stamps must be enclosed if unavailable manuscripts are to be returned.

Stuffed Eggplant-Shells 850 Calories
2 eggplants weighing about 1 lb. each 1 chopped green sweet pep-
per
2 tablespoonfuls butter or 1 cupful dry bread-crumbs
other shortening 1 1/2 teaspoonfuls salt
Boiling water Speck pepper
1/2 chopped onion

Cut out the inside of the eggplant, leaving a shell about one-half inch thick; cook in boiling salted water for five minutes. Fry the onion, pepper, and eggplant-pulp, all chopped, in the butter for about ten minutes. Then add the bread-crumbs, one and one-half cupfuls boiling water, and seasoning. Fill eggplant-shells with this mixture and sprinkle dry crumbs over the top. Place in a pan with a little water and bake one-half hour.

Mrs. Ian Maclaren, 333 E. Park St., Stockton, Cal.

Luncheon Tomatoes 1420 Calories
6 medium-sized tomatoes Grated American cheese
6 eggs 3/4 cupful evaporated milk
Salt and paprika

Scald and peel the tomatoes and scoop out, leaving a thick shell. Dredge each with salt, and put in a pan with a little water. In the bottom of each tomato put a layer of grated cheese; cook ten minutes in the oven, then drop a raw egg in each and put back in the oven and cook about fifteen minutes, or until the eggs are set. Serve each tomato on a slice of toast with the following sauce:

Stir together over the fire, six tablespoonfuls grated cheese and the evaporated milk until the cheese is melted and the mixture is smooth. Add salt and paprika to taste.

Mrs. Ian Maclaren, 333 East Park St., Stockton, Cal.

Bloater Paste Straws 800 Calories
1 cupful pastry flour 3 tablespoonfuls bloater
About 1/4 cupful cold water paste
4 tablespoonfuls butter

Work together the flour and butter until well blended; then into this work the bloater paste. Make a stiff dough with the water. Roll out thin and cut in strips four inches long and one-fourth inch wide, using a pastry-wheel. Bake in a moderate oven twelve minutes. Make rings of the paste to hold the bunches of straws.

Eleanor A. Cummins, 127 Gower St., W. C., London.

Mint-Sirup 820 Calories
1/2 cupful mint-leaves 1 cupful granulated sugar
1/2 cupful water

Boil until thick as a sirup, strain, and set aside to cool.

Mary Esther Adamson, 1012 S. Sixth St., Terre Haute, Ind.

Chocolate Mint Sauce for Ice-Cream 1470 Calories
2 cupfuls light-brown sugar 1 tablespoonful powdered
Mint-sirup cocoa
1 cupful milk

Put sugar and milk into a saucepan and add cocoa when mixture comes to a boil. Cook until it forms a soft ball when dropped in cold water (238° F.). Add enough of the mint-sirup to flavor to taste and beat until thick as a mush. Serve on ice-cream. If the sauce hardens before serving, add a little melted butter and heat.

Mary Esther Adamson, 1012 S. Sixth St., Terre Haute, Ind.

Chocolate Mint Fudge 3400 Calories
4 cupfuls light-brown sugar 1/2 cupful mint-sirup
1 1/2 cupfuls milk 1 tablespoonful butter
4 tablespoonfuls cocoa

Mix sugar, milk, butter, and mint-sirup. When mixture comes to a boil, add cocoa. Cook slowly until it forms a soft ball when dropped in cold water (238° F.). Put kettle into a pan of cold water and beat until stiff. Pour into buttered pan and cut in squares.

Mary Esther Adamson, 1012 S. Sixth St., Terre Haute, Ind.

Tiny Tim Pudding

1/2 cup bread crumbs 1/4 teaspoon ginger
3/4 cup suet, chopped fine 1/4 cup dates
3/4 teaspoon salt 1/2 cup raisins
1 cup flour 1/4 cup figs
1 teaspoon baking powder 1 egg
1/2 teaspoon nutmeg 2 tablespoons molasses
1/2 teaspoon cinnamon 1/2 cup orange juice

Mix bread crumbs and suet. Sift together salt, flour, baking powder and spices. Combine the two mixtures, add fruit, cut in pieces, and mix well. Add the orange juice and the egg, beaten lightly. Turn into one of the small pudding pans, greased.

The New Dishes of Beans and Peas

How the Best Cooks Make Them



CONTRIBUTED BY WINNIFRED FALES

BEAN-AND-TURNIP PUFFS. Slice and boil one medium-size yellow turnip. Press in a strainer to extract the water and mash with one cupful of cooked lima beans; add the unbeaten yolk of one egg, half a cupful of double-thick white sauce and seasoning. Beat with a fork until light and smooth. Drop by spoonfuls into small cones upon a greased baking tin and bake in a quick oven until delicately browned. These puffs make an excellent meat substitute dish.



CONTRIBUTED BY WINNIFRED FALES

BLACK BEANS AND CABBAGE. Soak one cupful of black beans overnight and parboil for twenty minutes in salted water. Melt one tablespoonful of bacon fat or drippings in a frying pan; add three tablespoonfuls of vinegar and one small cabbage cut into quarters and sliced, the beans, seasoning of salt and pepper and two teaspoonfuls of sugar, mixing thoroughly. Cover tightly and simmer until tender, stirring occasionally. No water will be needed if kept at simmering heat.



CONTRIBUTED BY WINNIFRED FALES

MOCK MEAT CAKES. Soak half a cupful of dried peas in cold water overnight. Cook until very thick. Boil and mash five medium-size potatoes and mix thoroughly with the peas; add half a cupful of grated cheese, half a cupful of fine bread crumbs, one egg, beaten, and one tablespoonful of melted bacon fat. Season and, when cool, shape into triangular cakes; dip in corn meal and fry. Serve alone, or with hominy as in the illustration. The peas and cheese furnish abundant protein, and the potatoes and corn supply heat and energy, thus affording a complete, balanced ration.



CONTRIBUTED BY MARION HARRIS NEIL

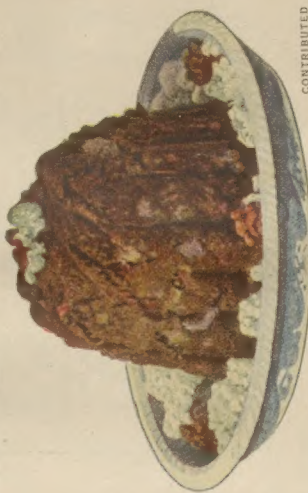
Corn Meal and Raisin Gems

MIX one cupful of corn meal with one tablespoonful of sugar; add one teaspoonful of salt, two tablespoonfuls of butter substitute melted and one cupful and a half of hot milk. Cool; add half a cupful of seeded raisins, one cupful of flour sifted with four teaspoonfuls of baking powder, and one well-beaten egg. Mix well and divide into hot, greased gem pans. Bake for twenty minutes in a moderate oven.

this Tablet, you may destroy them.

CLOSE to the ruins of a city in Flanders is a sandbag dugout, covered with turf, ten feet long and seven feet wide. It is by a highroad incessantly swept by shrapnel and plowed by shells, where no woman or child is ever seen. It has a semicircular roof, perfracting a man to stand upright if he keeps in the middle. Planks laid across empty boxes form a counter. Outside is the triangle emblem so familiar to the men in the trenches—the sign mark of the Y. M. C. A. This is one of the

CONTRIBUTED BY MARION HARRIS NEIL



MIXED VEGETABLE MOLD. Soak one cupful each of dried beans and peas overnight. Drain and boil until soft; drain again, and rub through a sieve. Mix with half a cupful of butter substitute, two cupfuls of whole-wheat bread crumbs, one large boiled onion, chopped, one tablespoonful of parsley, two chopped pimientos, one teaspoonful of salt and half a teaspoonful of pepper. Turn into a mold, cover with a greased paper and bake in a moderate oven for three-quarters of an hour. Turn out on a hot dish; garnish with cooked cauliflower. Serve with apple sauce.



CONTRIBUTED BY HARRIET COATES

SOY-BEAN LOAF. Wash well and drain one pound of dry soy beans; place them in a saucepan and cover with plenty of cold water; put in an onion stuck with a clove, a little salt, a bay leaf and half a teaspoonful of thyme tied in a little muslin bag; cover the stewpan and cook gently until the beans are tender (about six hours) but unbroken; add more water if required; leave the cover off for the last half hour of cooking to allow the water to reduce, then drain the water off and set them aside to cool. When cold put them through a food chopper, season with pepper and salt, stir in half a cupful of tomato catchup, two canned pimientos and the whites of two hard-boiled eggs chopped fine; mix well, turn out on a floured board, form into a loaf, brush over with the beaten yolk of an egg and sprinkle with bread crumbs. Place in a greased pan and bake in a moderate oven for three-quarters of an hour. Garnish with parsley. Serve hot or cold.

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Stewed Stuffed Eggplant

3 medium-sized eggplants ¼ cupful butter
¾ pound chopped raw beef 1 medium-sized onion
or veal chopped
¾ cupful raw unpolished rice 1 teaspoonful salt
1 can tomatoes ¼ teaspoonful pepper
1 ½ teaspoonful cinnamon
1 ½ teaspoonful allspice

Halve the eggplants lengthwise, and scoop out the centers. This can be done with a tablespoon, the large pieces being salted and peppered, dipped in a batter, and fried as fritters. Leave the shells with walls a half-inch thick. Mix together the seasonings, rice, and meat, and half fill each shell with the mixture to allow for the swelling of the rice. Fasten the halves together with skewers, and pack the eggplants in a deep stew-pan. Fry the onion in the butter till light brown, add the tomato together with a little salt and pepper, and when boiling pour it over the eggplants with enough water if necessary to cover well. Stew gently, covered, until the eggplants are tender, but not broken—about an hour.

Mrs. M. M. Brearley, 325 Second St., S. E., Washington, D. C.

Sausage and Spaghetti in Tomato Sauce

1 pound sausages 1 can tomato soup
½ pound spaghetti ½ cupful hot water

Prick the sausages thoroughly, place in a frying pan, cover with boiling water, and simmer until they are thoroughly done and well-browned, about an hour. Break the spaghetti in small pieces, and cook in boiling salted water till tender. Drain, rinse with cold water, and drain again. Combine the sausages and spaghetti in the frying-pan, add the soup diluted with the hot water, and let it stand till very hot. If desired this may be served from the chafing-dish.

Mrs. Hayes Bigelow, Tarpon Springs, Fla.

Pan-Roasted Oysters

1 pint small oysters, drained ¼ teaspoonful cayenne pepper
2 tablespoonfuls butter ½ teaspoonful salt
½ cupful tomato catchup 1 cupful milk
1 tablespoonful Worcestershire sauce 1 ½ tablespoonfuls flour

Melt the butter, add the catchup, Worcestershire, cayenne, and salt. Mix the flour with a little cold water, add to the milk, and let boil up; then combine with the catchup mixture, stirring it in slowly. Turn in the oysters, let stand till the edges curl, and serve on very hot toast.

Mrs. H. Giese, Palmvra, N. Y.

Cheese Potatoes in Jacket

6 large potatoes 1 ½ teaspoonfuls salt
2 egg-whites well-beaten ¼ teaspoonful pepper
1 teaspoonful butter Cheese
1 ½ cupful rich milk or cream

Rub potatoes over with melted butter, then bake till thoroughly done. Cut in halves lengthwise, scoop out potato, and mash till all the lumps are out. Beat in the butter, milk, and seasoning, and, when fluffy, add the egg-whites. Then refill the potato-shells, smooth, and place on top of each a thin slice of American cheese. Return to oven to brown for about ten minutes, and serve at once.

Mrs. W. E. Snowden, 378 Lusten St., Elberton, Ga.

Veal Loaf

3 pounds ground veal 1 ½ teaspoonfuls salt
1 onion ¼ teaspoonful pepper
2 cupfuls fine soft bread-crumbs 2 eggs
Juice 1 lemon
¾ pound ground fat pork

Work the ingredients together thoroughly; shape into a long narrow loaf, sprinkle with lemon-juice and place in a baking-pan; roast for an hour and a quarter, basting with a little hot water to which has been added a tablespoonful of butter or drippings. This amount is sufficient for two meals. Serve with Creole sauce.

Mrs. W. G. Balfour, 353 Crawford St., Toronto, Ont.

Creole Sauce

½ cupful white sauce 1 tablespoonful minced green peppers
1 tablespoonfuls minced onion 1 small can tomato soup

In making the white sauce, melt a tablespoonful of butter, add the onion and peppers, and cook very gently for ten minutes; then blend in a half-tablespoonful of flour, stir in slowly a half-cupful of milk, and let boil up as usual. Season to taste. Gradually beat in the tomato soup, stirring constantly to prevent curdling.

Mrs. W. G. Balfour, 353 Crawford St., Toronto, Ont.

Luncheon

Cream-of-Potato Soup with Vegetables
Crust Crackers
Gingerbread and Whipped Cream
Tea

Dinner

Broiled Sirloin Steak
Cheese Potatoes in Jackets
Mashed Squash
Dressed Lettuce
Caramel Bread Pudding
Coffee

Sunday, Breakfast

Baked Peaches
Farina Cream
Pop-Overs
Coffee

Dinner

Celery Soup
Fricassee of Chicken
Stewed Corn
Fried Eggplant
Grapefruit and Apricot Salad
Nut Jelly
Coffee

Supper

Waldorf Salad
"Stickies"
Cocoa
Wafers

LITTLE DINNERS

Consommé à la Royale
Baked Halibut
Fillet of Beef
Mushroom Sauce
Riced Potatoes
Squash
Wine Jelly
Café Noir
Blue Points
Crown of Lamb
Plain Potatoes
Stewed Stuffed Eggplant
Fruit Salad with Pineapple Dressing
Crackers
Café Noir
Lobster Canapés
Chicken Maryland
Brown Sweet Potatoes
Creamed Cauliflower
Cranberry Sauce
Dressed Lettuce
Spanish Cream
Café Noir

TRAY SUPPERS FOR SUNDAY NIGHTS
Chicken Sandwiches
Individual Molds of Chocolate
Blanc Manger
Cocoa
Sponge Cake
Cold Ham with Potato Salad
Graham Bread and Butter
Sandwiches
Tea
Sugar Snaps
Crab and Pimiento Sandwiches
Crackers with Peanut-Butter
Cup Custard
Tea

SPECTRUM DINNERS

(Yellow)
Duchess Soup
Boiled Halibut
Potato Cones
Mashed Squash
Lemon-Ice
Fancy Cakes Iced in Pale Yellow
Coffee
Bonbons
(Pink)
Boiled Salmon
Drawn-Butter Sauce
Plain Potatoes
Stuffed Cucumbers
Tomato-Jelly Salad
Raspberry Ice-Cream
Small Iced Cakes Decorated with
Pink Candies
Coffee
(Green)
Spinach Soup
Boiled Fowl
Potatoes Sprinkled with Parsley
Peas
String-beans, Cress, and Lettuce
Salad
Pistachio Ice-Cream
Coffee

EASY CHAFING-DISH MENUS
Tomato Rarebit on Toasted Crackers
Sweet Pickles
Graham Bread and Butter
Sandwiches
Wafers
Coffee
Shrimps à la King
Olives
Frosted Cup-Cakes
Cocoa
Creamed Oysters
Crackers
Dutch Stew
Sandwiches
Ice-Cream

Poached Egg, Tomato Sauce

1 tomato ½ cupful water
1 tablespoonful of butter Sliced
2 tablespoonfuls of flour ¼ teaspoonful of black pepper
6 eggs 1 ½ teaspoonful salt

Cut the tomatoes into pieces and add the water, onion, salt, and pepper; stew until soft, and pass through a sieve. Put the butter and flour in a saucepan, mix well, add the tomatoes strained, stir until boiling, and keep hot over boiling water.

Fill a saucepan half full of boiling water, add a teaspoonful of salt and a tablespoonful of vinegar. When boiling hard, stir rapidly close to the side of saucepan; when the water is in a whirl, drop in the eggs, one at a time, in the center: cook two minutes. Lift with a skimmer and dish in the tomato sauce on a hot platter. Dust with chopped parsley and serve. If eggs are poached in this way, they will be round and still soft.

Sambal (a green chutney, Malay)

3 quinces not wholly ripe 1 green chili pepper
1 medium-sized onion ¼ teaspoonful salt

Peel and quarter the quinces, add the onion, pepper, and salt, and grind very fine in a food-chopper. Serve with a curry or roast.

Mrs. H. P. Baldwin, St. Paul, Minn.

English Chutney Sauce

½ pound ripe tomatoes ½ cupful chopped mint-leaves
1 pound tart apples 1 ¼ cupfuls seeded raisins
2 cupfuls granulated sugar 3 cupfuls vinegar
3 large green peppers 2 teaspoonfuls dry mustard
12 small onions 1 teaspoonful salt

Chop tomatoes, add salt, and mix. Chop together the apples, onions, and raisins and add the mint. Scald and cool the vinegar, add sugar and mustard, mix all the ingredients together, and allow them to stand at least ten days before using, stirring them occasionally. This will keep indefinitely.

Mrs. F. O. Blake, 506 Gower St., Los Angeles, Cal.

Pear Marmalade

8 pounds pears ½ pound preserved ginger
4 lemons 8 pounds sugar

Peel the pears and cut in small pieces. Add the sugar and boil gently for one hour. Boil the lemons in water till tender, remove the seeds, squeeze the juice into the pears, and chop the peel very fine together with the ginger. Add to the pears and boil gently for another hour or until transparent. This makes three dozen pint jars.

Mrs. Wm. Downie, Whitby, Ontario.

Fruit Salad with Pineapple Dressing

6 halved, peeled fresh pears Lettuce
or halves of canned pears Pineapple dressing
1 cupful halved seeded malaga grapes

Arrange the pears on nests of lettuce-leaves with the grapes at the side and pour pineapple dressing over them.

Mrs. Neil Currie, Jr., Pittsfield, Mass.

Pineapple Dressing

Juice from one can of pineapple 2 tablespoonfuls butter
apple 2 eggs
¼ cupful sugar 1 ½ cupful whipped cream
1 tablespoonful flour

Heat pineapple-juice until just warm, blend together flour and butter, add the egg-yolks beaten and the sugar, and then the egg-whites whipped stiff. Pour the warm pineapple-juice into this and stir in a double boiler till thick. When cold add the whipped cream.

Mrs. Neil Currie, Jr., Pittsfield, Mass.

Raised Corn-Meal Muffins

½ cupful yellow Indian-meal ½ cupful molasses
1 pint boiling water 1 teaspoonful salt
2 tablespoonfuls lard 1 compressed yeast cake
About 6 cupfuls bread-flour

Pour the boiling water over the meal, add lard, molasses, and salt, mix thoroughly and let stand till lukewarm. Add the yeast-cake, dissolved in two tablespoonfuls of warm water, and beat in flour to make a stiff batter, about 6 cupfuls. Let rise till light, put in deep muffin-tins, let rise again, and bake about twenty minutes in a rather quick oven. This may be made also into small loaves. If started at night the muffins may be used for breakfast. This amount makes eighteen large muffins.

Nellie P. Draper, Andover, Mass.



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Using Your Canned Fruits in Midwinter

The New and Delicious Dishes You Can Make From Them



CONTRIBUTED BY MARION HARRIS NEIL



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APRICOT CHARLOTTE. Drain a can of apricots and reserve the sirup; rub the apricots through a sieve. Beat up one cupful of top milk with one cupful of the apricot purée. Dissolve two tablespoonfuls of gelatin in three-fourths of a cupful of the apricot sirup and three tablespoonfuls of sugar. Strain this into the milk and apricot mixture, add the strained juice of half a lemon and allow to partly set. Rinse a mold with cold water and then with thin lemon gelatin, leaving some of the latter at the bottom of the mold. Line the sides of the mold with sweet waters, and as soon as the jelly is set pour in the fruit mixture. Place in the refrigerator for three hours. Turn out and serve, decorated with sliced apricots, white candy drops, red candied cherries and holly leaves.

Paid.

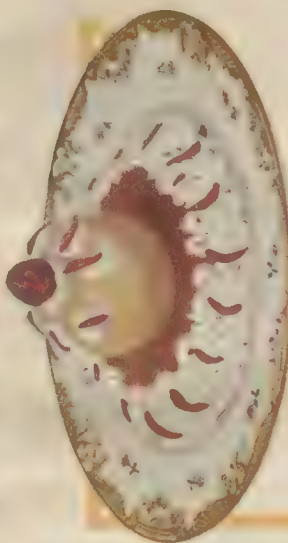
M. B. Burden.

Less 5%

Receipt of Goods.

60
72
132
6 60

196



CONTRIBUTED BY MARION HARRIS NEIL



CONTRIBUTED BY MARION HARRIS NEIL

PINEAPPLE DARIOLETTES. Rinse four small molds with cold water, pour into each a little lemon gelatin, allow to set, then place in two or three pieces of canned pineapple, add a little more jelly and when set fill up with the following mixture: Put into a saucepan two cupfuls of milk and six tablespoonfuls of sugar; bring slowly to boiling point, then pour over three beaten eggs, stirring constantly. Flavor with almond. Return to the sauce pan and stir over the fire until it thickens. It must not boil. Strain, and when cool add a half cupful of whipped cream and three tablespoonfuls of gelatin dissolved in a cupful of pineapple juice. Stir until the mixture is just beginning to set; turn into the prepared molds, and chill until firm. Decorate with pieces of pineapple and preserved strawberries.

Less 10%

Howard.

60
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62 50
32 50
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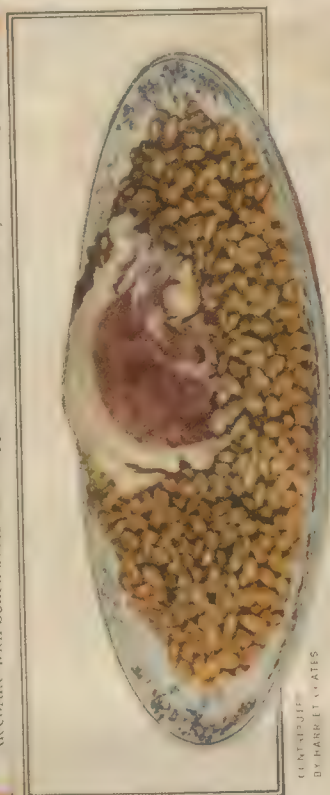
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204



CONTRIBUTED BY MARION HARRIS NEIL

PEACH AND PISTACHIO SALAD. Fill halves of chilled canned peaches with blanched and chopped pistachio nuts. Arrange on a bed of lettuce leaves, decorate with boiled beets and whipped cream. Serve with French dressing.



CONTRIBUTED BY MARION HARRIS NEIL

SOY BEANS BOILED WITH HAM SHANK. The ham shank, which is looked upon by many housewives as of small importance, may be utilized not only to serve as meat for the family meal, but for the seasoning for many a savory dish. The following recipe for boiling soy beans with a ham shank will be found to be not only an appetizing one, but it will afford an opportunity to use up part of the ham bone: Soak one cupful of soy beans for twelve hours. Put them into a stewpan with the ham bone and cover with water; add one onion stuck with a clove, and let this boil until the beans are tender; then drain, and serve the beans on a hot platter with the ham bone.

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All measurements are level, standard half-pint measuring-cups, tablespoons, and teaspoons being used. Sixteen level tablespoonfuls equal a half-pint. Quantities are sufficient for six people unless otherwise stated. Flour is sifted once before measuring.

Chicken en Casserole

- | | |
|----------------------------|-------------|
| 1 small fowl or chicken | Nutmeg |
| 1 cupful bread-crumbs | Thyme |
| 1/2 cupful cooked ham | Marjoram |
| 6 chestnuts blanched | Parsley |
| 2 egg-yolks | Onion-juice |
| 1/2 to 1 cupful milk | 2 carrots |
| 1/2 cupful rice (uncooked) | 2 onions |
| 1 pint water | Salt |

Flour

Prepare the fowl for stuffing. Detach legs and wings. Bone the former and stuff them and the body of the fowl with stuffing made as follows: Chop the liver, ham, and chestnuts. Mix together with bread-crumbs, milk, and egg-yolks. Season to taste with nutmeg, parsley, thyme, marjoram, salt, and a few drops of onion-juice. Roll fowl, legs, and wings in flour and brown in pan; place in casserole; add carrots diced, onions sliced, rice, and water. Cover tightly. Simmer chicken one hour in oven; fowl, two hours.

Mrs. Ian McLaren, 333 E. Park St., Stockton, Cal.

Chopped Ham and Corn Patties

- | | |
|-------------------------------------|-----------------------|
| 1/2 cupful cooked corn cut from cob | 3 cupfuls chopped ham |
| | 1 well-beaten egg |
| | Dash of pepper |

Form into patties and fry in butter or ham grease. Drained canned corn may be used.

Mrs. E. F. Thayer, 18 Fourth St., E. Providence, R. I.

Italian Delight

- | | |
|--------------------------------|----------------------|
| 1/2 lb. spaghetti | 1 small onion |
| 1/2 lb. Hamburg steak | 1 clove garlic |
| 1/2 can corn | 1 bell pepper |
| 1 cupful condensed tomato soup | 1/2 teaspoonful salt |
| 1/2 cupful olive-oil | Cayenne |
| 1/2 cupful grated cheese | Paprika |
| | Worcestershire sauce |

Cook spaghetti in boiling, salted water. Chop onion, garlic, and pepper fine and fry in olive-oil until onions are golden colored. Add tomato soup, salt, paprika, a dash of cayenne, and about one-half tablespoonful of Worcestershire sauce. When thoroughly heated, stir in cheese until melted; then add the spaghetti, corn, and lastly the Hamburg, which should be thinned out with a little cold water to prevent it cooking in lumps. Stir over the fire for five minutes and turn into a baking-dish. Sprinkle with grated cheese; bake twenty minutes. One-half can of mushrooms may be added if desired.

Mrs. D. A. Riedy, 1338 3rd Ave., San Francisco, Cal.

California Pudding

- | | |
|----------------------------|--------------------------------------|
| 1 cupful raw potato ground | 1/2 cupful butter |
| 1 cupful carrot ground | 1/4 cupful citron |
| 1 cupful apple ground | 1 teaspoonful cinnamon |
| 1 heaping cupful flour | 1/2 teaspoonful cloves |
| 1 cupful brown sugar | 1 teaspoonful soda mixed with potato |
| 1 cupful raisins | |

Cream butter and sugar, add vegetables and apple, then the cupful of flour, and last the raisins and citron dredged in flour. Put in mold and steam three hours. Serve hot with hard or sweet sauce. (One heaping cupful is equal to one level cupful and two level tablespoonfuls.)

Mrs. Florence Preston, 109 Summer St., Springfield, Vt.

Apple Cracker Pudding

- | | |
|-------------------------------|-----------------------------|
| 3 medium-sized apples | 1 pint milk |
| 6 large milk or soda crackers | 2 eggs |
| ers | 1/2 cupful sugar |
| Cold water | 1 teaspoonful lemon-extract |
| 1 teaspoonful butter | Nutmeg |

Crumble the crackers into a pudding-dish; pour over these enough cold water to soak them until soft. Pare the apples, cut them in halves, remove core, and put them on the stove with a small quantity of water; stew ten minutes. Pour milk over soaked crackers, add eggs beaten, and stir in the apples with the sugar. Add flavoring and grate nutmeg over the top of the pudding. Place butter on top just as the pudding is ready to be put into the oven. Bake in a slow oven until firm and brown. Serve hot.

Mrs. C. T. O'Connell, 418 Fifth Street, Augusta, Ga.

M E N U S

for the

Two- to Four-Year-Olds

(Any recipe called for will be sent for a two-cent stamp)

Sunday, Breakfast: 7:30

- | | |
|--------------|-------------|
| Oatmeal Mush | Milk |
| Stale Bread | Baked Apple |

Lunch: 10:30

- | | |
|-------------------------|--------|
| Glass of Milk | |
| Stale Whole-Wheat Bread | Butter |

Dinner: 1:00

- | | |
|----------------------|----------------|
| Minced Roast Chicken | |
| Baked Potato | Stewed Celery |
| Bread and Butter | Caramel Junket |

Supper: 5:30

- | | |
|------------------|------|
| Boiled Rice | Milk |
| Bread and Butter | |

Monday, Breakfast: 7:30

- | | |
|--------|--------------|
| Farina | Milk |
| Toast | Orange-juice |

Lunch: 10:30

- | | |
|-----------------------|-------------|
| Small Cup of Beef-Tea | Stale Bread |
|-----------------------|-------------|

Dinner: 1:00

- | | |
|------------------|---------------|
| Soft-Cooked Egg | |
| Plain Macaroni | Strained Peas |
| Bread and Butter | Apple Sauce |

Supper: 5:30

- | | |
|-----------------|------|
| Soft Milk Toast | Milk |
|-----------------|------|

Tuesday, Breakfast: 7:30

- | | |
|---------------------------------|---------------|
| Corn-Meal Mush Cooked with Milk | |
| Milk | Stewed Prunes |

Lunch: 10:30

- | | |
|------------------------|--|
| Glass of Milk | |
| Stale Bread and Butter | |

Dinner: 1:00

- | | |
|-----------------------|------------------|
| Plain Egg Omelet | |
| Spinach | Bread and Butter |
| Rice and Milk Pudding | |

Supper: 5:30

- | | |
|-----------------|--|
| Cup of Milk | |
| Soft Milk Toast | |

Wednesday, Breakfast: 7:30

- | | |
|------------------------|------|
| Cracked Wheat | Milk |
| Stale Bread and Butter | |

Lunch: 10:30

- | | |
|-------------------|--|
| Glass of Milk | |
| Whole-Wheat Bread | |

Dinner: 1:00

- | | |
|-----------------------------|------------------|
| Small Slice Rare Roast Beef | |
| Mashed Potato | |
| Onions | Bread and Butter |
| | Baked Apple |

Supper: 5:30

- | | |
|------------------|------|
| Farina | Milk |
| Bread and Butter | |

Thursday, Breakfast: 7:30

- | | |
|----------------|------|
| Hominy | Milk |
| Coddled Apples | |

Lunch: 10:30

- | | |
|-----------------------|--|
| Small Cup of Beef-Tea | |
| Bread | |

Dinner: 1:00

- | | |
|---------------|-------------|
| Chicken Broth | Stale Bread |
| Plain Junket | |

Supper: 5:30

- | | |
|------------------|------|
| Boiled Rice | Milk |
| Bread and Butter | |

Friday, Breakfast: 7:30

- | | |
|------------------|--------------|
| Oatmeal Mush | Milk |
| Bread and Butter | Orange-juice |

Recipes for this department may be sent by any reader of Good Housekeeping. They should never before have been printed. At least 100 words will be paid for every recipe accepted. Send must be enclosed for the return of unpublished manuscripts.

Potato Rolls

Potatoes
Flour
Salt and Pepper
Butter

Take the desired number of potatoes, pare, and boil in salted water until soft. Mash thoroughly and season with salt and pepper to taste, but do not add milk or butter. Let stand until lukewarm. Now add flour little by little until the mixture is like soft cooky-dough. Take small pieces of the mixture and roll to one-eighth inch thickness on a floured board. Place the rolled potato strips in a greased pan and bake both sides in the oven to a delicate brown. (These may be cooked on top of the stove, if preferred.) Take from the pan, spread with butter, and roll up like a jelly-roll.

Kathleen M. Hemmel, Elkader, Ia.

Carolina Tea Cakes

- | | |
|-----------------------------|---------------------------|
| 1 cupful sugar | 1 cupful currants floured |
| 2 eggs | with 1/2 cupful flour |
| 2 scant cupfuls flour | 1/2 cupful milk |
| 1 teaspoonful baking-powder | 1/2 cupful butter |

Dip hands in hot water, and cream butter and sugar together till grain of sugar is almost lost in butter. Add eggs one by one, unbeaten; then add flour, mixed and sifted with baking-powder and salt, alternately with milk. Add floured currants last. Mix well. Pour in greased gem-pans and bake in hot oven ten to fifteen minutes. Delicious hot.

Mrs. W. A. Hedrick, 13 Summit Ave., Cedarhurst, L. I.

Uncooked Salad Dressing

- | | |
|-------------------------|--------------------------|
| 1/2 teaspoonful paprika | 3/4 cupful melted butter |
| 1 tablespoonful salt | 1 cupful vinegar |
| 1 tablespoonful mustard | 1 can condensed milk |

Mix paprika, salt, and mustard together with a little of the vinegar, add butter, the rest of the vinegar, then eggs well-beaten, and last the condensed milk. Beat all together well with an egg-beater. Set in a cold place. Chill thoroughly before using.

Mrs. Lonzo S. Crosby, 137 Newton St., Lawrence, Ma.

Sweet Potato Pie

- | | |
|----------------------|-----------------------|
| 1 large sweet potato | 1 cupful pork sausage |
| 1 teaspoonful salt | 1 cupful milk |

Pare, boil, and mash the sweet potatoes. Season with salt and beat until light. Line a casserole with pork sausage, put in the sweet potatoes, cover with the sausage, and bake thirty minutes in a rather hot oven. Bake uncovered for the last ten minutes.

Mrs. Alice Dexter Morford, Toledo, Ia.

Beet Relish

- | | |
|--------------------------------|-----------------------------|
| 1 quart chopped beets (cooked) | 1 cupful chopped cabbage |
| 2 cupfuls sugar | 1 cupful ground horseradish |

Cover with cold vinegar and seal. Unusually delicious to serve with meats.

Mrs. A. S. Turney, 85 Curtis St., San Francisco, Cal.

Indian Pudding with Suet

- | | |
|------------------------|----------------------------|
| 1/2 cupful Indian meal | 1/2 teaspoonful ginger |
| 1 pint milk | 1 teaspoonful salt |
| 1/2 cupful molasses | 1/4 lb. suet, chopped fine |
| 1 teaspoonful cinnamon | 3 eggs |

Scald milk, add Indian meal gradually, then suet and molasses; cook ten minutes. Cool, and add the eggs, after beating very light. Turn into a greased mold. Boil five hours. Serve with favorite sauce.

Mrs. Lorena E. Day, 28 Atkinson St., Bellows Falls, Vt.

Pecan Macaroons

- | | |
|-----------------------|-----------------------|
| 1 cupful pecan-meats | 8 soda crackers |
| 2 egg-whites | 1 cupful sugar |
| 1 tablespoonful cocoa | 1 teaspoonful vanilla |

Grind nut-meats and crackers in food-chopper, using a fine knife. Beat egg-whites, add sugar, cocoa, vanilla, and then the ground nuts and crackers. Bake in moderate oven twenty minutes.

Mrs. E. A. Conway, Jr., 853 Cedar St., Savannah, Ga.

OEUF EN BLOQUETTES

Trois oeufs, une chopine de lait sucré, un peu de beurre. Battez bien les oeufs, incorporez peu à peu le lait sucré et aromatisé suivant les goûts. Beurrez des petits moules, versez-y la préparation et faites cuire au four vingt minutes. Vous pouvez mettre du sel à la place du sucre et servir comme une petite entrée.

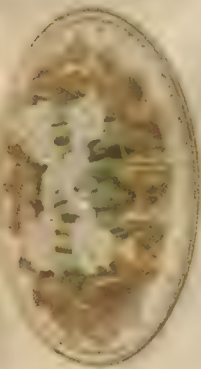


1 livre de
Soufflé de saumon saumon en conserve, 1/2 tasse de lait, de mie de pain rassis, 1/2 tasse de lait, 3 jaunes d'oeufs, Sel, Poivre de Cayenne, Jus de citron, 3 blancs d'oeufs. Efficiez le saumon et assaisonnez de sel, de poivre de Cayenne et de jus de citron. Faites cuire la mie de pain dans du lait pendant 10 minutes. Ajoutez le saumon puis les jaunes d'oeufs battus jusqu'à épaississement. Battez les blancs d'oeufs en neige ferme et amalgamez-les au mélange par cuillerée. Versez le tout dans une lèchefrite enduite de beurre et faites cuire jusqu'à consistance. Servez avec une sauce quelconque.

JOBGING BUSINESS.

H. W. Hall gives you the following check in payment for the goods sold him. Date it, write your own name on this check following the words, "Pay to the order of," then detach it from this paper and keep it in your Filing Envelope. Date all checks hereafter received.

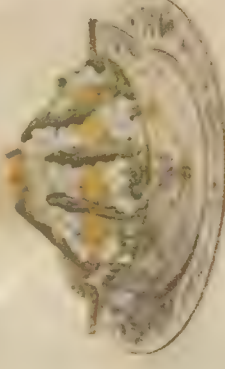
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Golden Asparagus Salad. Asparagus stalks are laid in the center of a border of golden aspic jelly and dressed with mayonnaise.

Rose Salad. A solid tomato is cut to make five rounded inner and outer petals. The tomato is filled with a macédoine and garnished with egg yolk.

Boston, Mass.,



Crab and Asparagus Salad. Shred lettuce and mix with it cooked asparagus tips and crab meat and mayonnaise dressing. Garnish with asparagus tips and chopped, hard-cooked eggs. Serve with French or boiled dressing.

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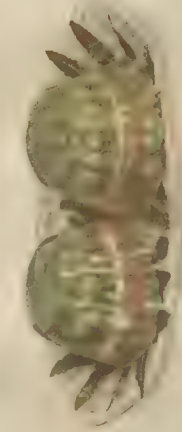
\$125⁴⁰

40 Dollars

H. W. Hall

New Summer Salads and Sandwiches

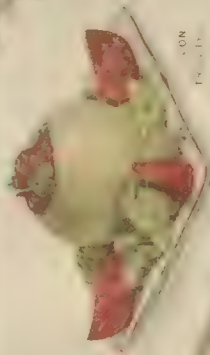
NOTE—In order to present many ideas in pictures on one page it is not possible to give at the same time recipes and directions for the making of the dishes. Those hostesses and housewives who are interested may have full information, directions and recipes upon request, accompanied by a stamped, addressed envelope, sent to the Entertainment Editor, THE LADIES' HOME JOURNAL, Independence Square, Philadelphia.



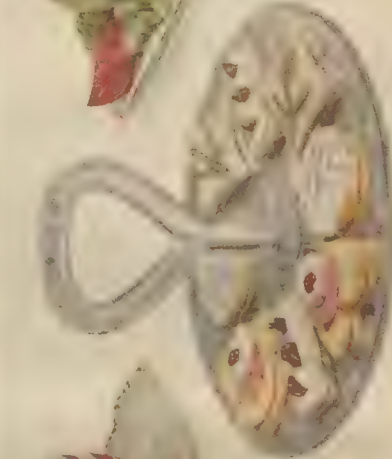
Tokio Salad is a cool-looking salad of green aspic jelly, peas, fish and carrots. The ingredients are placed alternately with layers of jelly in a mold. When set, turn out on fern fronds.



Egg Salad. A platter is lined with shredded lettuce. Hard-boiled egg yolks are placed in the center, garnished with parsley. Rings of egg whites are filled with mayonnaise dressing.



Stuffed Onion Salad. A large onion is cooked until tender but not soft, drained and cooled, the center scooped out and the space filled with chopped tomato and lima beans mixed with mayonnaise. Serve with French dressing.



These Dainty Finger Sandwiches are filled with shredded lettuce and cream cheese; the squares with scalded mint leaves creamed with butter. The hearts are filled with roseleaf preserve and the rounds with orange marmalade and coconut.



Apple Salad. A cored and unpared red apple is cut in slices a quarter of an inch thick. Cream cheese sprinkled with chopped walnut or other nut meats is spread between each two slices. Fill the center of the apple with Bar-le-Duc jelly.



Tomato Daisy Salad is a filled tomato rolled in aspic and ornamented with a flower design in egg applied with gelatin.

Porcupine Salad takes its name from the bristling appearance secured by sticking skinned tomatoes with strips of green pepper and endive. Serve with mayonnaise dressing.



Pineapple and Cherry Salad. To one pineapple, cut in pieces, add one-fourth as much finely cut endive or lettuce and one cupful of stoned cherries. Decorate with nuts and cherries. White mayonnaise is delicious with this.

\$20²⁵

25 Dollars

I. G. Hopkins

Cash

Mdse.

Sold to I. G. Hopkins for his check No. 243, as per bill rendered.

Tested and Approved RECIPES

All measurements are level—standard half-pint measuring-cups, tablespoons, and teaspoons being used. Sixteen level tablespoonfuls equal a half-pint. Quantities are sufficient for six people unless otherwise stated. Flour is sifted once before measuring.

How Much Food Does One Need?

Food values are measured in terms of heat. The unit of measurement is the calory. The child and the sedentary worker require fewer calories than the grown person and the one at hard or even moderate labor. The child under two requires 1050 calories a day; from two to five, 1400; from six to nine, 1750; from ten to twelve, 2100; from here the requirements rise rapidly to 4200 calories a day for the man at hard labor, though the average is around 2800 for the boy and girl just under twenty and the man or woman who is fairly active. An average "helping" of the simpler foods yields 100 calories of heat. Let each meal contain fat, protein, and carbohydrates. The calory values given with each recipe printed will enable you to plan menus that are right.

Pineapple Pudding

858 Total Calories
5 Protein Calories

- 3/4 cupful sugar
- 2 cupfuls hot water
- 5 slices canned pineapple
- 2 1/2 tablespoonfuls corn-starch
- 1/4 cupful cold water
- 1 teaspoonful vanilla

Cook hot water and sugar together; when boiling stir in the corn-starch mixed with the cold water. Turn into a double boiler and cook for at least one-half hour. Remove from fire, partially cool, and add vanilla, and pineapple cut in small pieces. Serve very cold, preferably with cream. If any pineapple-juice is at hand, use it with sufficient water to make the two cupfuls.

Mrs. W. B. Elliott, 6207 Langley Ave., Chicago, Ill.

Coffee Rice Pudding

1006 Total Calories
105 Protein Calories

- 1/2 cupful rice
- 3 tablespoonfuls coffee
- 1 teaspoonful flour
- 1 1/2 cupfuls milk
- 1 egg
- 1/2 cupful sugar

Cook rice in boiling salted water until tender. Use only enough water so that the rice will absorb it all in cooking. Scald milk with coffee in a double boiler while rice is cooking. Strain coffee from milk. Add rice to milk and return to double boiler. Beat egg, add the sugar mixed with the flour and pour slowly into the rice mixture. Cook until the consistency of custard. Serve very cold, with or without cream.

Mrs. B. M. Langhead, 15 Sherman Ave., Washington, Pa.

Peanut Ham

2766 Total Calories
480 Protein Calories

- 1 thick slice of ham—about 1 pound
- 1/4 cupful peanut butter
- 3 tablespoonfuls flour
- 2 cupfuls milk
- Seasoning

Spread ham evenly with peanut butter. Place in hot skillet and fry five or six minutes to cook underside, then broil five minutes longer, watching it carefully. Remove ham to hot platter. To make gravy: add flour to drippings together with a tablespoonful peanut butter and blend carefully. Then add milk slowly, salt if needed, and a dash of pepper. Stir until smooth and creamy.

Mrs. Arden Rearick, 211 East North St., Indianapolis, Ind.

Cottage Cheese with Dates

633 Total Calories
335 Protein Calories

- 1/2 cupful stone 1 dates
- 1 1/2 cupfuls cottage cheese

Cut dates in halves and steam them until tender enough to pierce easily with a fork. When cool mix lightly with the cheese. Chill, and serve with cream and toasted wafers as a luncheon dish. Enough to serve three.

Katherine H. Robertson, Dover, Minn.

Mrs. J. R. Frye, 50 Elm St., Auburn, Maine

Butter milk Doughnuts

- 1 ~~cup~~ cup granulated sugar
- 1 egg
- 1/2 teaspoonful grated nutmeg
- 1 ~~cupful~~ cupful buttermilk
- 1 teaspoonful soda
- 1 " salt
- 1 " cream of tartar

The recipes on these pages come to us from American homes where the best that each one will serve six people. Each recipe, like this one illustrated above, is all risk of loss of good materials through an inaccurate recipe. The recipes are then

War Time

M E N U S

for

F e b r u a r y

(Any recipe called for will be sent for a three-cent stamp)

Monday Breakfast

- Bread Omelet
- Grapes
- Graham Gems
- Coffee
- Luncheon
- Cottage Cheese with Dates
- Emergency Corn Biscuits

Baked Apple Dinner

- Pot Roast
- Boiled Potato Dumplings
- Mashed Turnip
- Rice Pudding
- Coffee

Tuesday Meatless Day

- Breakfast
- Steamed Rolled Oats
- French Toast
- Sliced Banana
- Syrup
- Coffee

Luncheon

- Tomato Cakes
- Bread and Butter
- Lettuce Salad
- Cocoa

Dinner

- Codfish Omelet
- Cabbage Curry
- Fruit Salad with Cream
- Mayonnaise Dressing
- Cookies
- Coffee

Wednesday Save-Wheat Day

- Breakfast
- Hominy and Whole Milk
- Fried Tripe
- Sliced Orange
- Barley Gems
- Coffee

Luncheon

- Reheated Beef en Casserole
- Graham Rye Bread and Butter
- Canned Apricots
- Tea

Dinner

- Boiled Corned Brisket
- Potatoes
- Carrots
- Poor Man's Pudding
- Beets

Thursday Breakfast

- Farina with Figs
- Virginia Fried Apples
- Thin Corn Cake
- Coffee

Luncheon

- Spaghetti with Cheese
- Apple, Nut, and Celery Salad
- Yeast Muffins
- Cocoa

Dinner

- Planked Vegetable Hash
- Plain Salad with Crackers and Cheese
- Pickles
- Bread and Butter
- Fruit

Friday Meatless Day

- Breakfast
- Oatmeal
- Boiled Potatoes
- Baked Apples

Boiled Potato Dumplings 1140 Total Calories 170 Protein Calories

- 6 cupfuls cold riced potatoes
- 2 eggs
- 2 tablespoonfuls milk
- 1 tablespoonful flour
- 1 1/2 teaspoonfuls salt
- 1/4 teaspoonful nutmeg

Rice the potatoes, add the eggs beaten with the milk, the salt, and nutmeg. Then add the flour to make a stiff paste. Form one small ball and boil in boiling salted water to see if it will hold together. If the trial ball falls apart add more flour. Form the paste in balls the size of an egg and boil in salted water for about fifteen minutes, or until done through. Serve with pot-roasts or other meat dishes with plenty of gravy.

Mrs. Olaf F. Stein, care Western Elec. Co., 144 N. 1st St., Woolwich, London, Eng.

Virginia Fried Apples 1832 Total Calories 78 Protein Calories

- 6 thin slices bacon
- 6 large apples
- 1/4 cupful light molasses

Fry the bacon and remove to a hot platter. Slice apples freed from core, and fry in the fat twenty minutes, stirring frequently. Add molasses, and cook ten minutes longer until apples are a pretty brown and tender. Serve on a platter, garnished with the bacon.

Mrs. R. P. Cocke, Williamsburg, Va.

Codfish Omelet 1357 Total Calories 553 Protein Calories

- 1 pint codfish
- 1 pint raw potatoes thinly sliced
- 1/4 teaspoonful pepper
- 1 tablespoonful butter
- 1 egg
- 1/2 cupful milk
- 2 tablespoonfuls drippings
- Parsley

Boil the codfish, that has been soaked and picked fine, with the potatoes. When cooked, mash fine and add pepper, and salt, if needed; add butter, yolk of egg, milk, and last of all the stiffly-beaten white of the egg. Melt one tablespoonful of drippings in each side of an omelet pan and pour in mixture; brown nicely. Fold together and garnish with parsley.

Mrs. G. Hippely, 1440 Clay St., San Francisco, Cal.

Graham Rye Bread 6677 Total Calories 719 Protein Calories

- 1 quart boiling water
- 1 quart graham flour
- 1 quart rye-flour
- 1 quart white bread flour
- 1 yeast-cake
- 1/4 cupful lukewarm water
- 1 tablespoonful salt
- 2 tablespoonfuls molasses
- 3 tablespoonfuls any vegetable oil
- 1 cupful butternut or black walnut meats

Place the salt, molasses, and oil in the mixing bowl or bread mixer. Pour over them the water. Cool until lukewarm and add the yeast-cake softened in the lukewarm water. Then stir in the flour. Mix thoroughly if using a mixer, otherwise knead for a few moments. Let rise, covered, overnight. In the morning knead in the nut-meats and shape into loaves. Let rise again and bake one hour in a moderate oven.

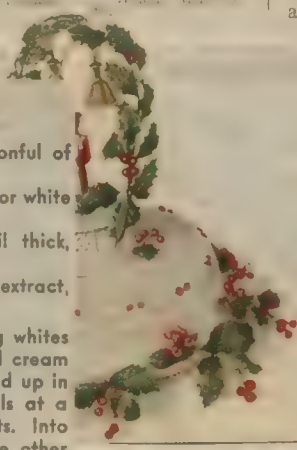
Mrs. Charles B. Gilbert, Dorset, Vt.

APPOLIL C

Tested and approved by The Chatelaine Institute.

- 1/4 Cupful of sifted pastry or cake flour (for white part)
- 1/3 Cupful of sifted pastry or cake flour (for yellow part)
- 5 or 6 Egg Whites
- 1/4 Teaspoonful of salt
- 1/2 Teaspoonful of cream of tartar
- 1/2 Cupful and 1 tablespoonful of sifted sugar
- 1/4 Teaspoonful of vanilla, for white part
- 2 Egg yolks, beaten until thick, and light colored
- 1/4 Teaspoonful of orange extract, for yellow part.

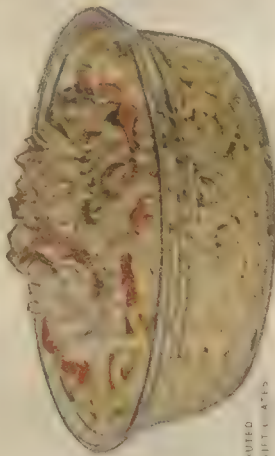
Sift the flour once; measure, and sift four more times. Beat the egg whites and salt on large platter with a flat wire beater. When foamy, add cream of tartar and continue beating until the eggs are stiff enough to hold up in peaks, but not dry. Fold in the sugar gradually, two tablespoonfuls at a time, continuing until all is used. Divide the mixture into two parts. Into one part, fold quarter cupful of the flour and the vanilla. Into the other part, fold the beaten egg yolks, one-third cupful of flour, and the orange extract. Put by teaspoonfuls into an ungreased angel food pan, alternating the white and yellow mixtures in the pan. Bake in a slow oven (325 degrees Fahrenheit) for thirty-five to forty-five minutes. Invert pan for one hour, or until cold. Eight to ten servings.



The New Cereal Dishes

For Luncheons and Dinners

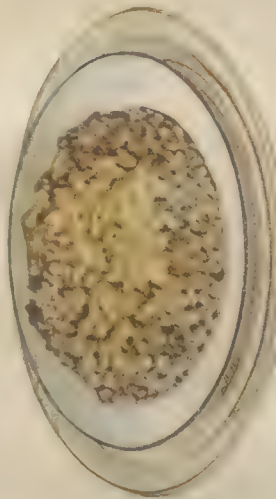
WE ARE rather apt to think of cereals as breakfast foods only, served with sugar, cream or fruit, hardly placing bread in its different forms in the same class of foods. When it is desired to use little bread at dinner the nutritive elements found in flour baked into bread may be supplied by combining the coarser cereals, or ground meals made from them, into wholesome, appetizing and thoroughly satisfying dishes. In our sparing use of meat we could well go back to the hearty dumpling stews that seem to be lightly esteemed by the average housewife. The left-over cereal from breakfast may be so happily used as to seem like a first appearance when made into delicious nourishing puddings with fruit.



SALTED CODFISH AND EGG NOODLES. Boil a sufficient amount of egg noodles, made of half rye and half white flour, in salted water; drain thoroughly, and put them into an open fireproof casserole. Shape into a border around the dish. Fill up the center with pieces of cold boiled salted codfish; pour over a thick white sauce; garnish the top with strips of canned pimientos. Put in a hot oven for fifteen minutes. Serve hot.



CHICKEN TART À LA POMPADOUR. This dish of spaghetti and chicken has a history, as it was invented for the Marquise de Pompadour. Boil a pound of spaghetti, taking care not to break it. Drain thoroughly and use it to line a well-greased mold, twisting the spaghetti round and round. Fill the center with a mixture composed of three cups of cold chopped chicken, a tablespoonful of chopped parsley, three-quarters of a cupful of cream thickened with flour, a piece of butter substitute and the yolk of an egg, seasoned with salt, pepper and a sprinkling of nutmeg. Steam for one hour, turn out on a dish and surround with tomato sauce.

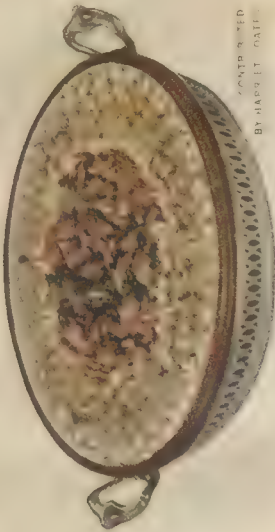


MOCK RAREBIT WITH OATMEAL. Cook as usual two cupfuls of oatmeal or rolled oats; just before serving add one cupful of soft, mild, grated cheese, one tablespoonful of butter and one level teaspoonful of salt. Stir until the cheese is melted and thoroughly blended.



CONTRIBUTED BY L. B. T. ALES

CEREAL PANCAKES. Put two cupfuls of cold cooked cereal into a mixing bowl; mash fine with a fork to free from lumps; add two tablespoonfuls of sugar, a quarter of a teaspoonful of salt, one well-beaten egg and a cupful of milk. Sieve two cupfuls of flour with two teaspoonfuls of baking powder. Stir into the mixture and beat thoroughly to a smooth batter. Fry in large pancakes on a hot well-greased griddle and spread with jelly. Place one on top of another and, in serving, cut as you would a pie.



SCALLOPED FISH AND HOMINY. Place flaked pieces of canned salmon in the center of a baking dish. Take some boiled hominy and shape it into a border around the dish; pour over a white sauce, sprinkle the hominy with bread crumbs and the fish with minced parsley and bake in a hot oven until nicely browned. Serve hot in the same dish in which it was cooked. Rice or macaroni may be used in place of hominy and minced left-over meat in place of the fish.



DATE HOMINY PUDDING. Soak one cupful of hominy in four cupfuls of water with one teaspoonful of salt overnight. Cook in a double boiler until the liquid is absorbed, then stir in a cupful of sugar, a grating of nutmeg and the grated rind of one lemon. Grease a pudding mold and in the bottom place four dates. Cover with an inch-thick layer of hominy. Arrange the remaining dates around the sides of the mold; add enough hominy by spoonfuls to hold them in place, then pour in the remainder, cover and steam for two hours. When done, unmold and serve cold with cream and sugar or hot with a sweet sauce.

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Buy the following merchandise of A. H. Watson, giving him in payment your check for \$233.10. Subtract the amount of this check from the balance on the check stub as heretofore. Deliver this check to the Business Exchange. Date the invoice, and then write your own name after the words "Sold to." Number this invoice "2." Hereafter number consecutively all invoices as they are received. Detach this invoice and the merchandise cards, keeping them as heretofore.

Chicago, Ill.,

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All measurements are level, standard half-pint measuring-cups, tablespoons, and teaspoons being used. Sixteen level tablespoonfuls equal a half-pint. Quantities are sufficient for six people unless otherwise stated. Flour is sifted once before measuring.

Apple Pudding

3 green apples, grated
8 macaroons, crumbed
1 cupful milk
¾ cupful sugar
5 eggs
Few grains salt

Mix the ingredients together in the order given, slightly beating the eggs. Butter a mold, pour the mixture into it, dot with butter, and bake in an oven quick at first then moderate until firm—about forty five minutes in all. Unmold when cool. Serve plain or with cream.

Mrs. Angelo Bassella, 128 W. 99th St., New York City.

Spanish Salad Dressing

¾ cupful powdered sugar
½ teaspoonful salt
¼ teaspoonful mustard
1 heaping teaspoonful paprika
¼ teaspoonful black pepper
1 teaspoonful vinegar
½ cupful olive-oil
Juice of 1 lemon, strained

Mix together dry ingredients, add the vinegar, slowly beat in the oil; then add the lemon-juice. It should be very thoroughly beaten. This is especially good on fruit or tomato salad.

Mrs. F. P. Vickery, 1455 Undercliff Ave., New York City.

"Stickies"

Baking-powder biscuit-dough
Nutmeg
Butter
Sugar, either brown or white

Spread the biscuit-dough thickly with the butter beaten to a cream. Sprinkle thickly with sugar, and grate nutmeg lightly over the whole. Roll up, cut with a sharp knife, place cut side down in a baking-tin, and bake in a quick oven. For biscuit-dough made of two cupfuls of flour, one-quarter cupful of butter, and one-third cupful of sugar will be needed. These are delicious with afternoon tea.

M. M. S., 332 N. 6th St., Ft. Smith, Ark.

Mock Gnocchi

Cooked farina, about 3 cupfuls
1 cupful grated cheese
Paprika
1 pint of medium-thick white sauce

Rinse good-sized timbale-molds or small custard-cups with cold water, and pour in the farina. Let stand till cool. Turn out into a shallow buttered baking-dish, and pour the sauce, which should be highly seasoned with salt and pepper and a little cayenne, around them. Sprinkle the cheese over the top and dust with paprika. Brown in a quick oven.

Mrs. W. L. Eaton, Concord, Mass.

Rack of Lamb, Parisian

3 pounds rack of lamb
1 onion, minced
2 green peppers, minced
2 cupfuls celery, minced
2 carrots, minced
1 cupful of boiling water
2 cloves
1 teaspoonful mustard
Salt and pepper
1 tablespoonful catchup, or
1 cupful stewed tomato
1 teaspoonful nutmeg

Order the lamb cracked, and with a small piece taken from the top; this may be used for soup. Remove any surplus fat. Wipe meat with a damp cloth. Put a tablespoonful of butter in a roasting-pan, and when very hot add the lamb. Brown well and dust with salt and pepper; then add the vegetables, and in about fifteen minutes add the boiling water, pouring it around the meat. Reduce the heat and roast for an hour, basting occasionally. In the meantime prepare peas as usual, and cook a quart of small potatoes in a casserole. Put a tablespoonful of butter in the casserole. After it is very hot, add the potatoes scraped and dried, dust them with salt, and brown, turning often. It will take an hour to complete them. Then put meat in the center of a large platter, and garnish with the peas and potatoes. In making the sauce remove the excess fat from vegetables and drippings in the roasting pan, and add a tablespoonful of flour for each cupful of sauce desired, and boiling water if necessary. Add salt and pepper to taste. If celery is out of season, two teaspoonfuls of celery-salt may be used instead.

Mrs. W. H. Hillier, 1406 So. 54th St., Philadelphia, Pa.

M E N U S

for

Various Occasions

Any recipe called for will be sent for a two-cent stamp.

OCTOBER MENUS FOR ONE WEEK

Monday, Breakfast
Sliced Orange
Scrambled Eggs and Bacon
Corn Cake
Coffee

Luncheon
Mock Gnocchi
Raised Biscuits
Fruit
Tea

Dinner
Thin Tomato Soup
Pressed Corned Beef
Plain Potatoes
Buttered Carrots
Mashed Turnip
Squash Pie
Coffee

Tuesday, Breakfast
Bananas
Shredded Wheat Biscuit
Milk
Browned Corned-Beef Hash
Graham Gems
Coffee

Luncheon
Veal Loaf
Bread and Butter
Stewed Tomatoes
Plain Blanc Mange
Cocoa

Dinner
Spinach Soup
Baked Ham
Scalloped Cabbage
Sweet Pickles
Dressed Lettuce
Lemon Cracker Pudding

Wednesday, Breakfast
Stewed Prunes
Ham Omelet
Bran Gems
Coffee

Luncheon
Sausages and Spaghetti
Jolly Boys
Baked Apples
Tea

Dinner
Stock-Soup
Rack of Lamb
Mashed Potatoes
Peas
String Bean Salad
Tapioca Cream with Pineapple

Thursday, Breakfast
Baked Apples
Oatmeal and Cream
Frizzled Bacon
Muffins
Coffee

Luncheon
Shepherds' Pie
Rice Custard
Drop Biscuits
Tea

Dinner
Julienne Soup
Pork-Chops
Mashed Potatoes
Apple Rings
Brussels Sprouts
Dressed Lettuce
Snow Pudding

Friday, Breakfast
Grapes
Poached Eggs on Toast
Waffles
Coffee

Luncheon
Pan-Roasted Oysters
Raised Corn-meal Muffins
Fruit and Nut Cake
Tea

Dinner
Tomato Soup
Halibut Cooked in Water
Frog Sauce
Plain Baked Potatoes
Buttered Beets
Apple Pudding

Saturday, Breakfast
Wheat
Broiled Finnan-Haddie
Egg Muffins
Cereal
Coffee

Recipes for this department may be submitted by any reader of Good Housekeeping. They should not have been printed. At least one dollar should be paid for every recipe accepted. Stamps must be enclosed for the return of unavailable manuscripts.

Cream-of-Pea Soup with Vegetable

1 can peas
1 quart boiling water
1 small onion
1 small carrot
2 tablespoonfuls flour
2 tablespoonfuls butter
½ teaspoonful salt
½ teaspoonful pepper
Few grains nutmeg
½ cupful hot water
1 can vegetable soup
½ cupful cream or evaporated milk

Chop together the potato, onion, and carrot, add to the boiling water with the peas, and cook for an hour, replenishing the water as it evaporates. Then strain. Add the vegetable soup diluted according to directions, and thicken with the flour and butter creamed together with the salt, pepper, and nutmeg, and diluted with the hot water. Add the cream just before serving.

Mrs. H. W. Kenaston, 943 Harriet Ave., Canton, O.

Grapefruit and Apricot Salad

3 grapefruit
6 canned apricot halves
Mayonnaise dressing
Lettuce

Cut grapefruit in halves; remove pulp, add sugar to sweeten, and let it chill for two hours. Arrange individually on lettuce-leaves, putting a spoonful of grapefruit on first, then one of mayonnaise, and topping with an apricot.

Chara Anderson, 3440 Country Club Drive, Los Angeles, Cal.

Jolly Boys

6 tablespoonfuls yellow corn-meal
5 tablespoonfuls bread-flour
2 tablespoonfuls sugar
½ teaspoonful salt
2 teaspoonfuls baking-powder
¼ cupful milk
1 egg
2 teaspoonfuls melted butter

Sift thoroughly the corn-meal, flour, baking-powder, and salt; add sugar, egg, and milk; stir in quickly the melted butter, and drop by teaspoonfuls into deep fat hot enough to brown a bit of bread in two minutes; drain on crumpled paper, roll in powdered sugar, and serve hot. Or, omit the sugar and serve with maple-sirup, brown-sugar-sirup, or melted jelly.

Belgian Carrots

2 cupfuls thinly sliced French carrots
1 ½ tablespoonfuls sugar
¼ cupful butter
¼ teaspoonful pepper
1 tablespoonful minced parsley

Combine the sugar and carrots and cook covered till soft, adding water barely to cover. When tender, drain, mince carrots, and add remaining ingredients. Let stand in a warm place about half an hour.

Mrs. George Hunneman, 8 Forest St., Cambridge, Mass.

Sweet Chestnut Purée

1 pound chestnuts
1 cupful milk
2 tablespoonfuls butter
½ teaspoonful vanilla
½ cupful sugar

Blanch the chestnuts, then cook until tender in boiling water. Drain and rub the chestnuts through a sieve, combine with the milk, butter, and sugar, and cook until thick. Cool, flavor, and just before serving rub again through a colander to give lightness; serve with sweetened whipped cream flavored with vanilla.

Mrs. Angelo Bassella, 128 W. 99th St., New York City.

Fruit and Nut Cake

1 cupful butter
2 cupfuls sugar
4 eggs
1 ½ cupfuls milk
5 cupfuls flour
1 grated nutmeg
1 teaspoonful cinnamon
2 cupfuls chopped walnut-meats
2 cupfuls seeded, halved raisins
2 cupfuls cleaned currants
1 ½ teaspoonfuls baking-powder

Cream the butter and sugar and then beat in the eggs one at a time; mix together the flour, baking-powder, spices, nuts, and fruit, add a little of this to the first mixture, and the remainder alternately with the milk. Bake an hour and a half in a slow oven, 350° F. This makes two good sized loaves and it wrapped in paraffin paper and stored in a crock will keep for months.

Marie Boucek, 624 Chestnut St., N. S., Philadelphia, Pa.

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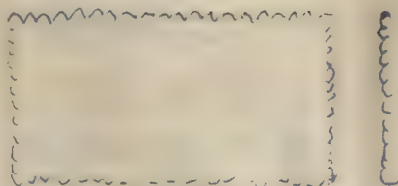
CONTRIBUTED BY WINNIFRED FALES

PEACH AND TAPIOCA MOLDS. Soak one-third cupful of tapioca in one pint of milk until well softened. Add one-third cupful of sugar, one saltspoonful of salt and cook until thickened like a soft custard, stirring constantly. Beat in one-half cupful of drained peach pulp. Turn into molds rinsed with cold water, and chill. Unmold and serve with cream and sugar. Nutmeg may be added. Any fruit pulp may be used in this way.



CONTRIBUTED BY MARION HARRIS NEIL

FARINA FRUIT MOLDS. Bring two cupfuls of milk to boiling point, add two cupfuls of boiling water, then sprinkle in one-fourth pound of farina, add one teaspoonful of salt, and continue to cook for forty minutes. Now add one teaspoonful of vanilla extract and four tablespoonfuls of sugar. Mix well, and divide into wet indented or ring individual molds and place in refrigerator for two hours. Turn out and fill with quince jelly.



Beauregard Toast

6 slices toast
1 cupful milk
1 teaspoonful butter
1 teaspoonful sugar
1/2 teaspoonful salt
Few grains cayenne pepper

Make a white sauce of the milk, butter, flour, and seasoning. Stir in the whites of the eggs that have been diced, then the mushrooms cut fine. Have ready the toast and turn the sauce over it. Force the yolks through strainer, sprinkling them over the top together with the grated cheese.

Miss Elizabeth Blanc, 120 East 7th St., Atlanta, Ga

Date Cake

1 pound dates
1/2 pound shelled almonds
1 cupful granulated sugar
7 eggs

Stone the dates, blanch the almonds, and put both through the food-chopper, using the pulverizer. Separate the eggs, beat the yolks until lemon-colored, beat in the sugar gradually, then add the dates and nuts, and last fold in carefully the whites of the eggs, which have been beaten until stiff and dry. Bake in greased and floured loaf-pan in a slow oven for forty-five to sixty minutes. Allow to cool before removing from pan. Fill pan quite full of mixture. At serving-time split the loaf and put together with a filling of sweetened whipped cream flavored with almond, or slice and place a spoonful of the whipped cream on each slice. (This cake contains no flour.)

Mrs. C. W. Kern, 907 S. Sandusky Ave., Bucyrus, O.

Savory Potatoes

12 medium-sized potatoes
1 small onion, sliced
3 or 4 small pieces of celery
2 tablespoonfuls butter
1 1/2 teaspoonfuls salt
1/2 teaspoonful pepper
1/2 teaspoonful celery-salt
1/2 teaspoonful paprika
Milk- or soup-stock

Pare the potatoes and place in a single layer in a buttered fire-proof dish. Add onion and celery minced, sprinkle over seasoning, and almost cover with the milk. Dot with bits of butter, cover, and bake till potatoes are soft, leaving the cover off the last few minutes. This is especially good with new potatoes, but can be used with sound, old potatoes the year round.

Mrs. Griffith Wodike, Charles City, Iowa.

Stewed Beans with Vegetables

2 cupfuls dried lima beans
2 cupfuls diced potatoes
1 cupful diced carrots
2 onions, quartered
1 cupful diced turnips
1/2 pound fat salt pork
1/2 cupful whole barley (well-washed)

Soak the beans overnight; in the morning add a little baking-soda, and scald them. Then drain and simmer for three hours in boiling salted water. Add pork cut in thin slices and boil for an hour longer and then add the vegetables. Cook until they are soft. The barley should be soaked for half an hour in cold water, cooked in a double boiler, and added after the vegetables are done. Season to taste with salt and pepper. A cupful of fresh green corn is a delicious addition when it is in season.

Mrs. Edward A. Sinay, 77 Green St., New London, Conn.

Gai Sie Mai

1 medium-sized pork-chop
4 small onions
1/2 cold boiled or roast chicken
1 stalk celery
3 tablespoonfuls soy (a Chinese sauce)
1 pound Chinese noodles
Salt and pepper
1 tablespoonful corn-starch
1 tablespoonful flour

Chop the onion and celery fine, brown the pork chop, and in the resulting fat brown the onion and celery. Shred the pork-chop, add it to the onion and celery, and mix with the soy, which should be blended with the flour and three tablespoonfuls of water. Let this mixture simmer slowly for thirty minutes. In the meantime remove chicken from the bones and shred the meat fine. Cover the bones from the pork-chop and chicken with water, and simmer for thirty minutes. Add this to the pork and vegetable mixture. In the meantime put the noodles on and cook in three quarts of boiling water. When shiny and tender drain through a colander and rinse with plenty of cold water. Add to the stew. Season the stew with pepper and a little salt as needed, and thicken with the corn-starch blended with a little cold water. Then add the noodles and cook the mixture briskly for ten minutes. Serve in bowls with finely shredded chicken over the top.

Katherine C. Smith, 1015 A. Terrace, Phila., Pa.

Individual Prune and Kumquat Salad

6 pt kumquats
Boiled salted prunes

Soak the prunes for a few hours, then carefully remove the pits. Drain well. Fill the seed-cavities with a mixture of marshmallows and kumquats cut in small pieces with sharp scissors. For each range in a nest of lettuce, and pass the

Mrs. C. C. Belden, 2112 Hudson St., New York, N. Y.

Old-Fashioned Welsh Rarebit

1/2 pound American cheese
1/2 pound bacon

Slice the bacon moderately thin, and fry the slices on one side, then turn them, and lay the cheese sliced thin on each piece of bacon. It should cover the bacon well. Sprinkle with paprika. Cover the frying-pan, and cook gently until the turned side of the bacon is done. The cheese will melt and be crisp at the edges. If desired this may be served on hot buttered toast, but it should be eaten at once.

Mrs. Roger W. Tuttle, 161 Linden Street, New Haven, Conn

Whole-Wheat Muffins

2 1/2 cupfuls whole-wheat flour
1/2 cupful sugar
1/2 cupful butter
2 cupfuls milk
3 teaspoonfuls baking-powder
1 teaspoonful salt
1 egg
1 egg-yolk

Cream together butter, sugar, egg, and salt. Mix the baking-powder with the flour, and add alternately with milk to mixture. Drop into hot, well-oiled muffin-pans, and bake twenty-five minutes in a moderate oven. This makes twelve large muffins.

Mr. J. Mann, Chef, Statler Hotel, Cleveland, O.

Oatmeal Soup

1/2 cupful left-over cooked oatmeal
1 medium-sized onion chopped
1 tablespoonful butter
1/2 cupful celery-seed
1 small bay-leaf
2 cupfuls water or stock
2 cupfuls milk
Salt and pepper to taste

Cook the onion slowly in the butter till soft. Add the bay-leaf, celery-seed, oatmeal, milk, and water. Boil up and strain, season with the salt and pepper, and serve with the hot buttered toast. Use for luncheon or supper.

Mrs. Willard H. Thayer, 312 Washington Ave., Wilmette, Ill.

Rich Oyster Stew

1 quart oysters
1/2 cupful heavy cream
1/2 cupful milk
1/2 cupful butter
1/2 cupful flour
1/2 cupful salt
1/2 cupful pepper

Rub the inside of a stew pan with the garlic and onion, allowing not a shred of either to remain in the pan. Melt the butter in this, add the flour, and when thoroughly blended stir in slowly the cream and milk. When it comes to a boil, add the oysters, which have been washed, drained, and wiped dry in a piece of clean cheese-cloth, boil three minutes, season, and serve at once.

Mrs. Elizabeth D. Griffin, Newburyport, Mass.

Celery au Gratin

1 cupfuls diced celery
1/2 cupfuls medium-thick white sauce
1/2 cupful grated cheese
1/2 cupful dry bread-crumbs

Boil the celery in a small amount of salted water till tender, allowing it to cook practically dry. Butter a baking-dish and put in a layer of the celery, then one of white sauce, alternating in this way till all is used. Cover the top with the cheese and crumbs and bake twenty-five minutes in a moderate oven.

Mrs. S. Hardy-Mitchel, Newton Center, Mass.

Excellent Cereal Coffee

1 quart bran
1 quart corn meal
1 cupful milk
1 cupful whole ground coffee

Mix ingredients together thoroughly, rubbing with the hands until the whole resembles moist brown sugar. Turn mixture into two large dripping-pans and brown in a slow oven, stirring very often so that it may brown evenly without becoming scorched. When done it will be of a rich seal-brown color. Store in fruit-jars. Use as all the cereal coffees on the market, allowing two tablespoonfuls and a cupful and a half of water to each person. Boil twenty minutes.

Mrs. W. H. Fonda, 909 Court St., Port Huron, Mich.

Scrambled Eggs
Baked Potato
Cauliflower
Bread and Butter

Saturday, Breakfast: 7:30

Whipped Cream
Milk
Bread and Butter

Lunch: 10:30

Glass of Milk
Whole Wheat Bread and Butter

Dinner: 1:00

Small Slice of Unlarded Mutton
Mashed Potatoes
Bread and Butter
Panna Pudding

Supper: 5:00

Soft Milk Toast
Milk

JANUARY MENUS

Sunday, Breakfast

Grapefruit
Bacon Omelet
Corn Meal Muffins
Coffee

Dinner

Chicken en Casserole
Potato Rolls
Romaine Salad
with French Dressing
Apple Cracker Pudding
Coffee

Supper

Cheese and Pimiento Sandwiches
Pecan Meringues
Milk or Tea

Monday, Breakfast

Orange
Calf's Liver and Bacon
Baked Potatoes
Whole-Wheat Muffins
Coffee

Lunch

Beauregard Toast
Fruit Salad
Tea
Crackers

Dinner

Clear Soup
Baked Ham
Glazed Sweet Potatoes
Celery au Gratin
California Pudding
Coffee

Tuesday, Breakfast

Sliced Banana
Toasted Wheat-Flakes
Ponched Eggs on Toast
Coffee

Lunch

Chopped Ham and Corn Patties
Baked Potatoes
Bread and Butter
Apple Sauce
Tea

Dinner

Vegetable Soup
Roast Beef
Squash
Indian Pudding with Suet
Coffee
Whipped Cream

Wednesday, Breakfast

Stewed Prunes
Oatmeal and Cream
Creamed Codfish
Coffee

Lunch

Rich Oyster Stew
Graham Bread
Tea
Cauliflower
Green Lenten Cream Pudding

Dinner

Cream of Celery Soup
Cold Roast Beef
Mashed Potatoes
Baked Tomato
Cauliflower
Coke with Whipped Cream

JOBGING BUSINESS.

Business College Merchandise.

9 Jobging Business.

20 Brls. Flour @ \$6

Business College Merchandise.

10 Jobging Business.

3 Brls. Pork @ \$18

Business College Merchandise.

11 Jobging Business.

10 Brls. Beef @ \$12.50

Business College Merchandise.

12 Jobging Business.

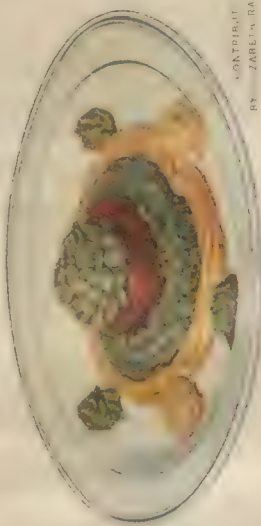
10 Brls. Salt @ \$3.25

Detach and keep the above merchandise cards as heretofore. Make your Journal entry.

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No. 542.

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CONTRIBUTED BY ELIZABETH BAY

BAKED TOMATO WITH LIMA BEANS AND PEAS. Sink the beans and peas overnight in separate pans. In the morning cook with salted water. When tender mash the peas through a sieve. Remove the top of the tomato, scoop out carefully the pulp and fill with the beans, place piece of butter substitute on top and bake for ten minutes, dish up in the center of a border of the mashed peas, with hollandaise sauce centered around the peas.



CONTRIBUTED BY MARIEN HADLEY NEIL

CHILI CON CARNE. Cut two pounds of round steak into small square pieces. Melt two tablespoons of butter substitute in a stewpan and allow it to get hot, add the steak and fry it brown; then add one cupful of boiling water and four tablespoonsful of rice. Cover and cook until tender. Now add three canned red peppers cut into pieces, one cupful of cooked beans, two parboiled onions cut into slices, one tablespoonful of flour, four cloves, one clove of garlic, chopped, and one teaspoonful of salt, and cook until very hot and the gravy a nice consistency. Serve garnished with parsley.

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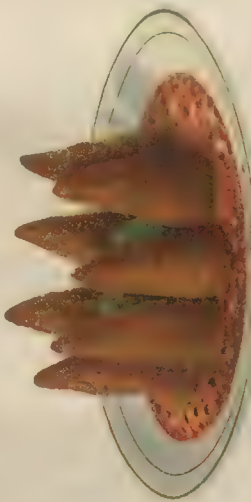
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CONTRIBUTED BY ELIZABETH BAY

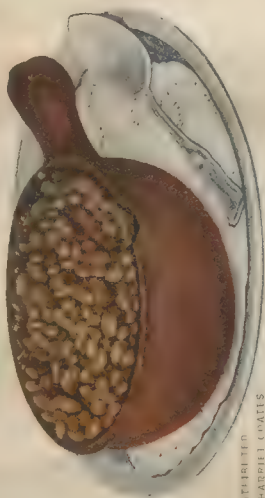
CURRIED NAVY BEANS ON TOAST. Mash some baked navy beans and mix with cream sauce with one teaspoonful curry powder dissolved in the sauce. Spread thick on buttered toast, with a good sprinkling of paprika. To finish, fry a few slices of bacon, remove, and fry the slices of apple in the bacon fat. Serve hot.



CONTRIBUTED BY HARRIET COATES

SOY-BEAN CROQUETTES. Take a cupful of soy beans, soak them all night, then cook them until soft and run them through a fine sieve; chop two onions finely and fry them until transparent but not brown; mix in the mashed beans, season with salt and pepper and turn onto a plate to cool. Divide into equal portions, shape into croquettes, dip each one into beaten egg, roll in bread crumbs and fry in hot fat; drain on paper. Serve in place of meat croquettes with Creole sauce.

CROQUET SAUCE: Put one tablespoonful of fat into a stewpan; stir in one tablespoonful of flour; add a cupful of canned tomatoes, one chopped onion, a bay leaf, season with salt and pepper and stir until boiling; strain into another saucepan; add half a cupful of chopped green peppers and it is ready to use. Arrange the croquettes on a hot dish and pour the sauce around.



CONTRIBUTED BY HARRIET COATES

DRY-BEAN CHOWDER. Boil one cupful of dry beans until tender; drain and turn into a fireproof casserole. Fry out the fat from two slices of bacon (diced); add to this one can of corn, salt and pepper, and enough canned tomatoes to form a creamy mixture when added to the beans. Mix all well together, sprinkle cracker crumbs over all and put in the oven for twenty-five minutes. Serve from the casserole.



CONTRIBUTED BY HARRIET COATES

SOY-BEAN FRITTERS. Rub two cupfuls of cold boiled soy beans through a fine wire sieve. Chop fine one onion, melt a tablespoonful of beef suet in a frying pan, put in the onion and fry it a light brown. Mix in the beans; salt and pepper to taste, turn out into a bowl and let cool; then add two well-beaten eggs, mix well, drop from a spoon into hot fat and fry a golden brown. Take up and drain on brown paper. Serve on a hot dish. Garnish with parsley and lemon slices. Tomato chutney may be served as a relish with these fritters if desired. This amount will make twenty fritters at an approximate cost of eighteen cents.

You shoul
by writing your n

out a Deposit Slip, following the form given on page 5, the Guide. Enter the total amount of this deposit (\$773.64) on the stub of your Check Book, opposite the word "Deposit," following the last balance, which should be \$4164.25. Add to this balance the deposit, \$773.64, making the present balance \$4937.89. Take your checks, Deposit Slip, and Pass Book to your teacher, who will enter this deposit in the Pass Book. Then deposit the checks and the Deposit Slip in the Commercial Bank envelope.

Call upon your teacher with your Journal, and have the entries verified.

You may now post the amounts from the Journal to the Ledger as directed in the Guide under the heading of "Instructions for the First Posting," on page 5. You are not to resume the work in this Tablet until instructed to do so in the Guide.

JOBGING BUSINESS.

Buy the following merchandise of P. N. Harlan for cash, giving your check in payment, and making a Journal entry



Rose Sandwiches and Ginger Punch.
The bread is spread lightly with butter, then with cream cheese and crushed raspberries. Candied ginger and thubarb juice sweetened are the chief punch ingredients.

Savory Cheese. To accompany the beet Poppy Salad a savory cheese is made by adding butter, deviled ham and minced chives to a cream cheese, all worked with a silver fork until a creamy paste. The whole wheat bread rounds are shaped into four petals.

For sandwiches to accompany the Water-Lily Salad, lettuce is boiled until tender, drained and reduced to a pulp, to which are added chopped Spanish peppers, salt and lemon juice, mingled with mayonnaise to form a smooth paste. Spread between rounds of brown bread suggesting lily petals.



Shamrock Salad. For a summer luncheon this salad is most attractive. Green peppers are cut one inch thick. Three circles are placed on a plate to form a shamrock. These are filled with shrimp salad.

Terms

10

Brls. Fish



CORN DUMPLINGS. Make a stew from a cheap cut of meat cut into small pieces, with the desired amount of carrots, onions and potatoes. Pour enough boiling water over a cupful of corn meal to make a soft dough; let cool; then mix in one cupful of flour sieved with two teaspoonfuls of baking powder; add one egg, and mix thoroughly. Form into small round balls and put them into the stew for the last twenty-five minutes of cooking. Dish up on a hot platter, pour the gravy over all and arrange the dumplings around as a border. These will take the place of bread at the meal. These corn dumplings are especially nice served with chicken potpie accompanied by either jelly or a relish.



Sandwich Spreads. None of the ingredients included in these butters are included in the vegetable-flower salads with which they are to be served, as a contrast in flavors is preferred. The bread on which these spreads are used does not need to be buttered. The ingredients are named in the paragraphs on the left and the right.



Stuffed Apple Salad. This unusual salad is made by filling half an apple with cream cheese mixed with crystallized ginger, orange peel and nut meats. The apple is dipped in lemon jelly, chilled and sliced. Serve with honey dressing.



Mussel Salad. The ingredients of this salad are arranged in a mound and covered with a gelatinized mayonnaise, on which is a design in parsley and pimiento. Surround with circles of jellied cucumber and mayonnaise in mussel shells.

Sell goods; receive the following check

No.



CONTRIBUTED BY WINIFRED FALES

Tulip Salad. Cut cucumbers or pears in the form of tulips. Arrange an individual serving of three on a plate and fill each one with a different kind of salad, mixing each salad with a different kind of dressing.

Cheese Paste. For sandwiches to accompany the Rose Salad a delicious paste is made of hard-boiled egg yolks mixed with a raw yolk, mustard, salt, sugar, red pepper, olive oil, tarragon vinegar, minced whites of the eggs, and grated cheese. The rounds of bread are scalloped to suggest a rose.

A tasty spread for sandwiches to accompany the Tulip Salad is made of a mixture of tuna fish, parsley, lemon juice, seasoning and a dash of onion. The ingredients are pounded to a smooth paste and spread between bread cut fish shape.



CONTRIBUTED BY WINIFRED FALES

Poppy Salad. The petals are cooked beets marinated in French dressing and pressed into small rounds of cream cheese covered with mayonnaise. Add a ring of finely fringed truffles and green capers. Chicory leaves are used for foliage, and a lemon cup for mayonnaise.

One Hundred Seventy-five

IN COLLEGE CURRENCY

100 Dollars

R. T. Brownell.

core arretrés, mais ils seront rendus par blics aussitôt qu'ils seront définitifs.
Cours de l'or
Londres, 13. (P.A.) Le cours de l'or en lingot a fléchi de 3d. à 136s. 11d.

5%	15 nov. 1936	102 1/2	103 1/2
5%	1er mars 1937	104 1/2	106 1/2
5%	1er déc. 1937	107 1/2	108 1/2
4 1/2%	1er sept. 1940	101 1/2	102 1/2
4 1/2%	1er oct. 1944	100 1/2	101 1/2
4 1/2%	1er fév. 1946	100 1/2	101 1/2
4 1/2%	1er nov. 1946-56	99 1/2	100 1/2
4 1/2%	1er nov. 1947-57	99 1/2	100 1/2

Work in this Tablet until instructed to do so

Old-Fashioned Mince-Meat

- | | |
|---|-------------------------------------|
| 3 pints beef chopped and
ssed into the measure | 1 teaspoonful cloves |
| 4 pints sour apples chopped
and not pressed | 1 teaspoonful cinnamon |
| 2 pints of raisins | 1 teaspoonful nutmeg |
| 1 pint of molasses | 1 scant teaspoonful white
pepper |
| 1 pint of vinegar | Salt |
| 1 pint of lemon juice | 1 pint molasses |
| 1 pint of meat was | 1 pint grape-juice |
| | 1 pint vinegar |
| | Juice 3 lemons |
| | Grated rind 3 lemons |

Melt shortening with liquids, add solids thoroughly mixed together, and a suitable amount of salt. Let boil until apple is partly cooked, stirring frequently.

Mrs. Elizabeth D. Griffin, Newburyport, Mass.

French Rice Pudding

- | | |
|-----------------|-------------------------|
| 1/2 cupful rice | 1/2 teaspoonful salt |
| 2 eggs | 2 tablespoonfuls butter |
| Milk | 1/2 cupful sugar |
| | 1 lemon |

Wash the rice through several waters, then cook in double-boiler for two hours in a pint of milk and water mixed. At the end of this time, the rice should be cooked to a soft mush; more liquid may be added during the cooking-process if necessary. Take from the fire and add salt, butter, and sugar. Beat well, then add half a cupful of rich milk into which have been stirred the eggs well-beaten, and the lemon-juice and rind. Pour into a well-buttered dish, and bake in a moderate oven forty-five minutes. The pudding should be quite dry when finished. Then spread the top with butter, and sprinkle thickly with powdered sugar; the sugar should be fully an eighth of an inch thick. Return to the oven, or place under the flame of the broiling oven for a few minutes to glaze. This pudding, which is baked in a dripping-pan in France and served cold as a cake, is delicious served hot with lemon-flavored hard sauce, or cold with whipped cream. If baked in a dripping-pan, it may be cut in squares, and served individually, each square topped with half a preserved or fresh peach, and accompanied by whipped cream.

Katherine Campion, 5318 Angora Terrace, Philadelphia, Pa.

Meat Balls

- | | |
|-------------------------|--|
| 1 pound meat | 1 teaspoonful white pepper |
| 1 pound bread-crumbs | 2 1/2 teaspoonfuls salt |
| 1 pound onion | 2 tablespoonfuls chopped
onion |
| 1 cupful milk | 1 tablespoonful butter |
| One or two eggs | 2 tablespoonfuls Italian
mato paste |
| 1/2 cupful bread-crumbs | |

Wash the meat. Cut into dice, together with the onion, and put through the food-chopper three times. Beat the eggs, add the milk and bread-crumbs, and let stand until the crumbs are soft. Fry the onion brown in a little of the butter, stir into the crum mixture, and then work this into the meat, together with the seasonings and fried onion. Form the mixture into small balls, brown well in the butter, and add a cupful of boiling water. Cover the pan, and let the balls cook through. This will take about fifteen minutes. Dilute tomato paste in three-fourths cupful of warm water, add to the gravy, and thicken it if desired with a little flour.

Mrs. Elizabeth N. Barnes, Shavendale, N.Y.

Peanut-Butter Tomato Bisque

- | | |
|---------------------------------------|--------------------------|
| 1 cupful strained milk from
tomato | 2 cupfuls hot water |
| 1/2 cupful tomato | 1/2 teaspoonful salt |
| | Few grains paprika |
| | 1/2 cupful peanut butter |

Thoroughly mix peanut butter and hot water, then add the other ingredients. Cook for ten minutes in a double boiler, and serve with croutons.

Mrs. H. W. Smith, Mission Press, Box 100, Rangoon, Burmah.

Raisin Corn Bread

- | | |
|------------------|----------------------------|
| 1 cupful milk | 1/2 teaspoonful soda |
| 1/2 cupful egg | 1/2 cupful cream of tartar |
| 1/2 cupful oil | 1 cupful flour |
| 1/2 cupful sugar | 1 cupful corn meal |
| 1/2 cupful salt | 1/2 cupful raisins |

Mix together the milk, egg, butter, sugar, and salt. Add the soda dissolved in a tablespoonful of hot water, and then the flour and cream of tartar, sifted together. Stir in the corn-meal and raisins, and bake in a moderate oven, at about 375° F., for thirty minutes.

Maud Moore, 608 Milan Ave., South Pasadena, Cal.

Saturday, Breakfast

- | | |
|----------------|------------------|
| Baked Bananas | |
| Lamb-Chops | Creamed Potatoes |
| Squash Muffins | Milk |

Dinner

- | | |
|-------------------------------|--|
| Beef-Stew with any Vegetables | |
| (save Turnips) | |
| Dumplings | |
| Stewed Figs with Cream | |
| Milk | |

Supper

- | | |
|-------------------------|--|
| Cream of Split-Pea Soup | |
| Croutons | |
| Boiled Raisin Cake | |
| Milk | |

Sunday, Breakfast

- | | |
|----------------|----------------|
| Grapefruit | |
| Parsley Omelet | Raised Waffles |
| Milk | |

Dinner

- | | |
|-------------------------|-----------------|
| Duchess Soup | |
| Delmonico Roast | Panned Potatoes |
| Stewed Eggplant | |
| Irish Moss Blanc Manger | Milk |

Supper

- | | |
|-------------------------|--------|
| Graham Bread and Butter | |
| Figs and Dates | Wafers |
| Cocoa or Hot Milk | |

DECEMBER MENUS

Sunday, Breakfast

- | | |
|-------------------------|--|
| Grapefruit | |
| Bacon and Potato Omelet | |
| Apple Muffins | |
| Coffee | |

Dinner

- | | |
|--------------------------|------------|
| Tomato Soup | |
| Sautéd Fillets of Lamb | |
| Duchess Potatoes | |
| Spinach | |
| Frozen Pineapple Pudding | |
| Small Cakes | Demi-Tasse |

Supper

- | | |
|-------------------|--|
| Sardines on Toast | |
| Apple Sauce | |
| Cocoa | |

Monday, Breakfast

- | | |
|---------------------|--------|
| Banana | |
| Ready-Cooked Cereal | Cream |
| Creamed Codfish | |
| Corn Cake | Coffee |

Luncheon

- | | |
|----------------------|--------------|
| Cream of Potato Soup | |
| Croutons | Graham Bread |
| Molaga Grapes | |
| Tea | |

Dinner

- | | |
|-----------------------|-------------|
| Baked Ham with Apples | |
| French-Fried Potatoes | |
| Wax-Bean Salad | Apple Dowdy |
| Demi-Tasse | |

Tuesday, Breakfast

- | | |
|------------------------|--|
| Sliced Orange | |
| Calf's Liver and Bacon | |
| Bread Bran Muffins | |
| Coffee | |

Luncheon

- | | |
|-------------------|------------|
| Chinese Rarebit | |
| Whole Wheat Bread | Pear Salad |
| Tea | Wafers |

Dinner

- | | | |
|--------------------------|---------------|--------|
| Clear Soup | Celery | Olives |
| Chicken en Casserole | | |
| Plain Spaghetti Seasoned | | |
| Creamed Onions | Lettuce Salad | |
| Plum Pudding | Hard Sauce | |
| Demi-Tasse | | |

Wednesday, Breakfast

- | | |
|----------------|--|
| Tangerines | |
| Frizzled Bacon | |
| Fried Hominy | |
| Coffee | |

Luncheon

- | | |
|--------------------------|--|
| Oysters Indienne | |
| Peanut Butter Pin-wheels | |
| Lemon Sponge Tartlets | |
| Tea | |

Dinner

- | | |
|------------------|------------------|
| Chicken Soup | |
| Beef à la Maitre | Browned Potatoes |
| Squash Soup | Hot Salad |
| Creamed Corn | |
| Demi-Tasse | |

Polpettine

- | | |
|-----------------------------------|-----------------------------|
| 2 pounds veal steak | 1/2 cupful minced
garlic |
| 1/2 cupful salt | 1/2 cupful salt |
| 1 tablespoonful minced
parsley | 1/2 cupful pepper |
| | 1/2 cupful butter |

Cut the steak into pieces about four inches long and one and one-half inches wide. Mix the sausage, garlic, parsley, salt, and pepper, and spread thin layers on the veal slices. Roll the slices and tie or fasten into shape with a skewer. Melt the butter (drippings may be used), brown the polpettine, and add enough boiling water to cover half. Place lid over the frying-pan, and simmer for an hour to an hour and a half. It may be necessary to add a little more water. For serving, untie and arrange on toast. Thicken the gravy and add salt and pepper if necessary; serve garnished with peas, spinach, or mushrooms. If the latter are used, they should be cooked in the gravy with the polpettine during the last twenty minutes.

Mrs. Angelo Bassella, 128 W. 100th St., N. Y. City.

Mock Cherry Pie

- | | |
|-----------------------|------------------------|
| 2 cupfuls cranberries | 1 cupful boiling water |
| 2 cupfuls sugar | 1 tablespoonful flour |
| 2 cupfuls raisins | 1 teaspoonful butter |
| | 2 teaspoonfuls vanilla |

Cut cranberries in halves and chop the raisins. Mix together and cook for half an hour. Cool, pour into pie-plates lined with pastry, form lattice tops of thin strips of paste, and bake from fifteen to twenty minutes in a quick oven. The flour can be omitted and the whole cooked to the consistency of marmalade; this makes a good sandwich filling.

Mrs. Abbie Woodfin, 128 Columbia Ave., Hampton, Va.

Oatmeal Gems

- | | |
|------------------------|-------------------|
| 1 cupful oatmeal | 1/2 cupful sugar |
| 1/2 cupful milk | 1/2 cupful butter |
| 2 cupfuls bread-crumbs | 1 cupful milk |
| 1/2 cupful salt | 1/2 cupful salt |

Mix together dry ingredients and rub in oatmeal with the finger-tips. Beat the egg, add milk, and turn into first mixture. Add melted butter, beat thoroughly, turn into hot, oiled gem-pans, and bake about twenty-five minutes in a hot oven.

Mrs. Ida K. Ross, 511 W. 170th St., N. Y. City.

Ham Puff

- | | |
|-------------------|---------------------------|
| 1 cupful milk | A scant half-cupful flour |
| 1/2 cupful salt | 1/2 cupful milk |
| 1/2 cupful butter | 1/2 cupful pepper |

Dissolve the flour in the milk; bring to a boil, and add the ham and pepper. Separate the eggs, beat yolks thoroughly and the whites till stiff and dry. Add yolks to mixture, and fold in the whites. Put in a buttered baking-dish, set in a pan of hot water, and let the puff rise to the top of the dish. This takes from one-half to three-quarters of an hour. Remove from the water and brown.

E. C. Matern, Franklin Grove, Ill.

Braised Cabbage

- | | |
|---------------------------|---------------------------|
| 1 large head of cabbage | 1 tablespoonful flour |
| 1/2 cupful stock or water | 1/2 cupful stock or water |
| 1 small onion | Salt and pepper to taste |

Shred the cabbage; melt the bacon-fat in a heavy pot, add the onion chopped, and when this is cooked almost soft, stir in the flour, stock, and cabbage. Cover and cook till the cabbage is tender, about forty-five minutes. Season with salt and pepper to taste.

Mrs. George Pfahler, Sr., 488 Second Ave., N. Y. City.

Grandmother's Parsnip Chowder

- | | |
|-------------------------------------|--|
| 3 slices fat salt pork, diced | 3 cupfuls boiling water |
| 1 medium-sized onion sliced
thin | 1 quart scalded milk |
| 2 cupfuls cubed raw potato | 3 tablespoonfuls butter |
| 1/2 cupful cubed raw parsnips | 4 water crackers or
1/2 cupful cracker-crumbs |
| | 2 teaspoonfuls salt |
| | 1/2 teaspoonful pepper |

Combine the salt pork and onion in the soup-kettle and cook for five minutes, taking care not to burn the onion; add to this half of the potatoes, the parsnips, and the remaining potatoes, sprinkle over the salt and pepper, add the boiling water, and simmer until the vegetables are soft. Then add the scalded milk, butter, and crackers split and soaked in cold milk, or the crumbs.

Alice A. Wheeler, 47 Forest St., Worcester, Mass.

No. 115.

Grand Rapids, Mich.,

19...

Commercial Bank.

\$50⁰⁰

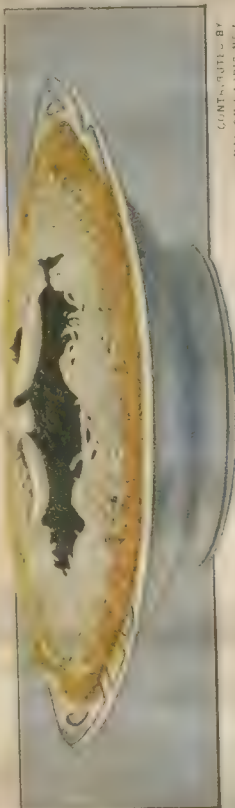
⁸²/₁₀₀ Dollars

Adams

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CONTRIBUTED BY
MARION HARRIS NEIL

Spinach With Vermicelli

WASH half a peck of spinach and put it into a saucepan; add four tablespoonfuls of boiling water and one teaspoonful of salt. Cook until tender; drain and chop fine. Melt two tablespoonfuls of butter substitute in a saucepan; add the spinach, two tablespoonfuls of cream, a quarter of a cupful of grated cheese and two well-beaten eggs; and stir for a few minutes over the fire. Turn into a hot dish, garnished with vermicelli and hard-boiled egg yolks rubbed through a sieve. To cook the vermicelli put half a package into a saucepan, cover with boiling salted water and boil steadily for fifteen minutes. Drain; add one tablespoonful of butter substitute, and seasoning.



CONTRIBUTED BY
MARION HARRIS NEIL

Fish Pie With Potato Crust

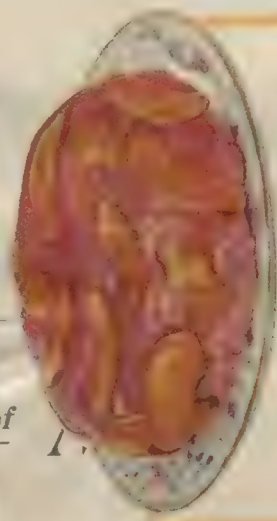
FLAKE finely with a fork the remains of any cold fish, put into a saucepan with a little white sauce, season with salt and pepper and some small pieces of fried bacon. Line a pan with well-seasoned mashed potatoes, brush over with beaten egg yolk, fill the center with the fish and place in the oven for a few minutes to heat through and to brown on top. Serve on a hot dish. Garnish with hard-boiled-egg slices, and sprinkle over a little chopped green parsley.



CONTRIBUTED BY
MARION HARRIS NEIL

Cucumber and Stuffed Carrot

PEELED two large cucumbers, cut into halves lengthwise and take out the seeds. Cut into neat pieces, cover, and boil in salted water for fifteen minutes. Drain; add one cupful of parsley sauce, and cook for ten minutes. Turn into a hot dish and garnish with stuffed carrots. For stuffed carrots scrape and trim the carrots and boil them in salted water until tender. Drain, and remove the centers with a sharp knife or a cover and fill with a bean purée made by rubbing half a cupful of boiled beans through a sieve; add one tablespoonful of butter substitute, melted, and a quarter of a teaspoonful each of salt, pepper and celery salt. Heat and fill into the carrots.



PEACH BLANCHETTE. Line a pudding dish with sliced canned peaches. Have ready a pint of eggless cornstarch pudding, made of half milk and half fruit juice, which will contain sufficient sugar. While still warm, pour this over the fruit and, when set, turn out to serve.



CONTRIBUTED BY
MARION HARRIS NEIL

Stuffed Onions

PAREBOIL six peeled onions in salted water. Drain, and remove the centers. Chop the centers fine; add one cupful of sausage meat, half a cupful of bread crumbs, one well-beaten egg, two teaspoonfuls of chopped parsley, two tablespoonfuls of cream, and seasoning. Divide this mixture into the onion shells, put them into a deep pan, cover, and steam for an hour and a half. Serve hot with white sauce and garnished with strips of pimientos and sprigs of parsley.

APPLE AND POTATO PUDDING. Cream together two tablespoonfuls each of butter substitute and sugar and a cupful each of stewed apples and mashed potatoes, and the grated peel of a lemon. Bake in a mold in a moderate oven. Garnish with steamed apple slices.

60		
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97	75	
		249 75

Business College Merchandise.

17 Jobbing Business.
10 Brls. Flour @ \$6.

Business College Merchandise.

18 Jobbing Business.
5 Brls. Pork @ \$18.

Business College Merchandise.

19 Jobbing Business.
5 Brls. Beef @ \$12.50

Business College Merchandise.

20 Jobbing Business.
20 Brls. Salt @ \$3.25

Cours de l'or

Londres, 13. (P.A.) — Le cours de l'or en lingot a fléchi de 3d. à 136s.

50	1er nov. 1936	104	100
51	1er dec. 1937	107	106
41	1er sept. 1930	101	102
42	1er oct. 1944	100	101
43	1er fev. 1946	100	101
44	1er nov. 1946-56	99	100
45	1er nov. 1947-57	99	100

Tablet must be instructed to do so

No. 78.

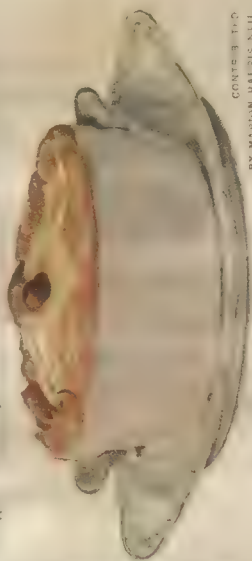
Kalamazoo, Mich.,

19

Commercial Bank

ICED FRUIT SOUP. Soak 1 tablespoonful of gelatin in $\frac{1}{2}$ cupful of orange juice and dissolve in 1 cupful of hot orange juice. Add 1 cupful of pineapple juice and 1 cupful of shredded pineapple. Cut fine the pulp of 2 oranges and add. Add 2 tablespoonfuls of kirsch or grenadine. The juice of a lemon is a good addition and gives it the charm of tartness. Mix well in a bowl and chill in the refrigerator. Beat occasionally, and just before serving beat very thoroughly to break the soup into crystals that will sparkle like topaz in a silver setting.

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CONTRIBUTED BY MARION HARRIS NEIL

CORN-MEAL PUDDING WITH APRICOTS. Pour three cupfuls of scalding hot milk on one cupful of sifted corn meal; stir in two tablespoonfuls of sugar, one teaspoonful of powdered ginger and half a teaspoonful of salt. Now add six apricots, canned, sliced thin. Bake for one hour and a half in a moderate oven. Garnish with sliced apricots and serve with sauce made from the juice of the apricots.



CONTRIBUTED BY MARION HARRIS NEIL

PRUITED CEREAL MOLDS. Wash half a pound of prunes and soak them overnight. Simmer in the same water until tender, adding one lemon sliced, one stick of cinnamon and a quarter of a cupful of sugar when nearly done. Let stand until cold; strain off the liquid, and put the prunes. Put aside one for each mold and cut the remainder fine, removing most of the skin. Soften one rounded teaspoonful of gelatin in one tablespoonful of cold prune juice and dissolve in one tablespoonful of boiling juice. Mix thoroughly with the prune pulp. Have ready two cupfuls of oatmeal that has been cooked with one teaspoonful of salt in four cupfuls of water. Rinse the molds in cold water and fill with the oatmeal and prune pulp, placing the latter in the center. Serve very cold with sugar and cream, decorated with the whole prunes.

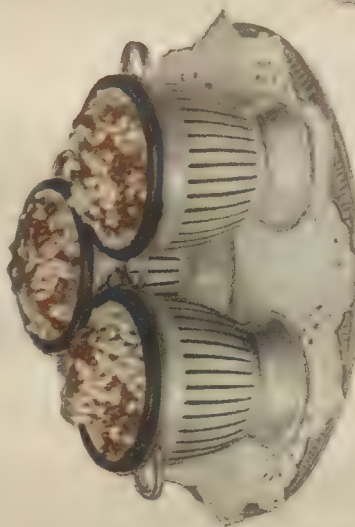
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CONTRIBUTED BY MARION HARRIS NEIL

Graham Nut Bread for Sandwiches

STIR one teaspoonful of baking soda into half a cupful of molasses; add two cupfuls of sweet or sour milk, half a cupful of sugar, one teaspoonful of salt, one cupful of white flour, two cupfuls of Graham flour and one cupful of English walnut meats cut into small pieces. Mix well and pour into a long, narrow, well-greased pan. Bake in a moderate oven for one hour.



CONTRIBUTED BY MARION HARRIS NEIL

RICE ENTREE WITH TOMATOES. Cook half a cupful of rice and three-quarters of a cupful of stewed tomatoes in one cupful of broth (or stock may be used instead) until the rice is tender. Use a double boiler for the purpose, and remove the cover after the rice is cooked if there is too much liquid remaining in the boiler. Stir in three tablespoonfuls of chicken fat with a fork so the rice may remain unbroken.

Buy the

STRAWBERRY SHORTCAKE. Sift 2 cupfuls of flour with 4 teaspoonfuls of baking powder and $\frac{1}{2}$ teaspoonful of salt. Work into this $\frac{1}{4}$ cupful of shortening. Add milk to make a dough that will "clean the bowl" and let itself be rolled out on the board. Roll about one-half inch thick, butter the top and place another layer on this. Bake in a pie plate or on a cooking sheet in an oven at 375° F. until well browned. Separate the layers, butter them liberally. Fill with cut or crushed sweetened berries and top with the same. Serve with plain or whipped cream.

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CONTRIBUTED BY MARION HARRIS NEIL

MACARONI AND MEAT HASH. Boil a quarter of a pound of macaroni; drain, and put it into a buttered casserole, adding a little clarified sausage fat. Push the macaroni to the sides of the dish and add a sprinkling of grated cheese. Fill the center with chopped cooked meat of any kind, with which a little sausage has been mixed. Moisten with meat stock. Place in the oven until hot throughout. Serve in the casserole.



CONTRIBUTED BY MARION HARRIS NEIL

CEREAL OMELET. Beat the yolks of two eggs until they are lemon colored; add two tablespoonfuls of hot water and a little salt and pepper; whip the whites of the eggs to a stiff froth and fold them lightly into the yolks; pour the mixture into a greased omelet or frying pan and cook slowly until it is brown on the under side. Have ready half a cupful of any cold cooked cereal that has been seasoned with salt, pepper, a chopped onion and one teaspoonful of melted bacon or suet fat; spread the cereal over the top of the omelet, fold over and turn out on a hot platter. Garnish with parsley. It should be served at once. The onion may be omitted from the omelet, and the cereal may be sweetened with honey if preferred; or jelly or stewed raisins may be used to make it a sweet omelet if desired.

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PAID
D. F. WILES

SAVORY SPINACH SOUP

Tested and approved by Chatelaine Institute

- | | |
|---------------------------|----------------------------|
| 1 Quart of washed spinach | 2 Cupfuls of milk |
| 1 Cupful of water | Salt and pepper to taste |
| 1 Piece of bay leaf | 1/4 Teaspoonful of paprika |
| 1/4 Teaspoonful of salt | Dash of grated nutmeg |
| 1 Tablespoonful of butter | 1/2 Cupful of cream |
| 1 Tablespoonful of flour | 1 Egg yolk, well beaten |

Add the water, bay leaf and salt to the washed spinach and cook until very tender. Press through a coarse sieve. Melt the butter, add the flour and stir until blended. Add the milk gradually, stirring constantly and cook until thickened. Season to taste with salt and pepper, add the paprika and the nutmeg. Add the puréed spinach and heat to boiling point. Combine the cream with the well-beaten egg yolk and add to the hot mixture, simmering and stirring for a minute longer to set the egg. Serve at once. Six servings.

JELLIED ASPARAGUS SALAD

Tested and approved by Chatelaine Institute

- | | |
|----------------------------------|-----------------------------|
| 1 1/3 Tablespoonfuls of gelatine | 2 Slices of onion |
| 2/3 Cupful of cold water | 2 or 3 Whole cloves |
| 2/3 Cupful of boiling water | 2/3 Teaspoonful of salt |
| 2/3 Cupful of mild vinegar | 2 Cupfuls of asparagus tips |

Soak the gelatine in the cold water. Combine the boiling water, vinegar, onion and cloves and bring to boiling point. Add to the softened gelatine with the salt and stir until dissolved. Strain. Line individual molds with asparagus tips cooked or canned and pour in the hot mixture. Chill until set and serve unmolded on crisp lettuce, garnished with tomato pieces or radish roses. Six servings.

EASTER CANAPE

Tested and approved by Chatelaine Institute

- | | |
|-----------------------------------|--------------------------------------|
| 3 Hard-cooked eggs | Mayonnaise |
| Dash of cayenne | Tomato catsup |
| 1 Teaspoonful of grated onion | 6 Rounds of toasted or sautéed bread |
| 2 Teaspoonfuls of minced parsley | Sardine or anchovy paste |
| 3 Tablespoonfuls of melted butter | |

Cut the hard-cooked eggs in halves lengthwise and remove the yolks. Mash the yolks thoroughly with a fork, add the cayenne, the grated onion, parsley and melted butter. Moisten with mayonnaise and tomato catsup in equal proportions and refill the egg whites with this mixture. Chill. Spread the toasted or sautéed bread with the sardine or anchovy paste and on each round place one half of a stuffed egg. Garnish with parsley or watercress and serve on small plates.

CHOCOLATE VOLCANOS

Tested and approved by Chatelaine Institute

- | | |
|--------------------------------------|-------------------------------------|
| 5 Tablespoonfuls of shortening | 6 Tablespoonfuls of cocoa |
| 3/4 Cupful of granulated sugar | 2 1/2 Teaspoonfuls of baking powder |
| 1 Egg | 1/2 Teaspoonful of salt |
| 1 1/2 Cupfuls of sifted pastry flour | 2/3 Cupful of milk |

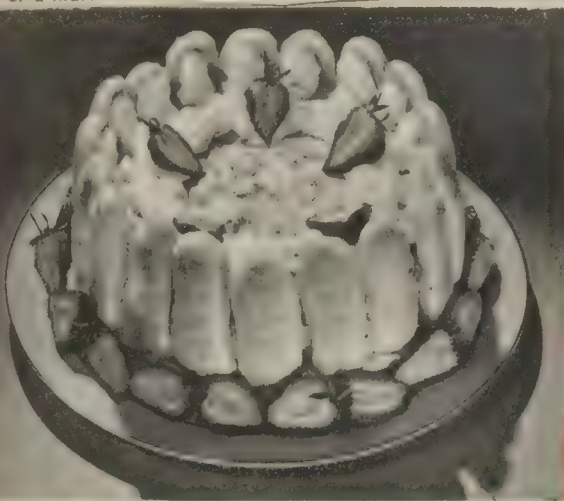
Cream the shortening thoroughly, add the sugar gradually and continue creaming until the mixture is light. Add the egg and beat well. Sift the flour, measure and sift again with the cocoa, baking powder and salt. Add these dry ingredients alternately with the milk to the first mixture. Mix well and turn into greased baking cups or deep muffin tins. Bake in a moderate oven—350 degrees Fahr.—for twenty minutes. Cool, cut off the tops and remove part of the centre from each cake. Fill the cavity with sweetened and flavored whipped cream or with ice cream, replace the top and garnish with whipped cream. Over this pour melted unsweetened chocolate. Or if desired, the filled cup cake may be served with a chocolate or a marshmallow sauce.

BRAISED CELERY. Wash, scrape and cut two large stalks of celery in two-inch lengths. Parboil in salted water for five minutes and then drain. Heat four tablespoons of shortening, add six slices of carrot and two bouillon cubes, dissolved in a third cup of hot water. When blended, add the celery and simmer, turning often, until it is golden. Remove carrot and sprinkle the celery with very finely minced parsley.

CRAB ISABELLA. Any simple fluted mold or a small bowl may be used for cooking this dish. Thoroughly grease the inside and line compactly with parboiled fresh asparagus or the long-stemmed canned variety. Close in the spaces between the asparagus with finely minced spinach. Make the latter firm by blending two tablespoons of flour and one of shortening with each cup of minced cooked spinach. Fill center with forcemeat. For this blend four tablespoons of flour with three of butter, add one and one-half cups of diluted evaporated milk. When thick, fold in three egg yolks and one and one-half cups of crab, minced veal or sweetbreads. Place mold in a pan of hot water and bake till firm, or about one hour, at 300° F. Unmold on a hot platter.

MARMALADE MERINGUES. These meringues are moist and crunchy, with a home-made flavor. Filled with scoops of raspberry ice or rum-flavored mousse, they are a delicious and unusual dessert. If you wish to fill them with early strawberries, omit the marmalade. For the meringue, beat three egg whites till foamy, add one and one-half teaspoons white vinegar and beat till the whites are stiff. Gradually add one-half cup of granulated sugar and beat till the mixture will stand in smooth, glossy-looking peaks. Shape by spoonfuls on lightly greased paper. The center should be shallow, with high outer edges. Garnish the latter with bits of orange marmalade. Bake twenty minutes in a slow oven (300° F.), turn off the heat and let them dry for thirty minutes longer. In using a very well insulated oven, open the oven door when turning off the heat.

SALMON SLICE MADISON. This service of canned salmon is easy to prepare, inexpensive and very delicious. Drain a slice of canned salmon, discard bones and remove excess fat. Place on a baking platter, drench with the juice of a lemon, cover and heat for ten minutes in a moderate oven. Mask with a thin cream sauce blended with the chopped whites of two hard-cooked eggs and the yolk of one. Sieve the second yolk on top of the masked fish. Circle with green peas.



STRAWBERRY REFRIGERATOR CAKE

- | | |
|---|--------------------------|
| 1 1/2 cups strawberries,
cut in small pieces | 3/4 cup hot water |
| 1 cup sugar | 1 tablespoon lemon juice |
| 3/4 cup cold water | 3/4 teaspoon salt |
| 1 tablespoon gelatine | 3/4 cup cream, whipped |
| Strips of sponge cake or lady fingers (stalc) | 2 egg whites |

Crush strawberries with sugar. Pour cold water in bowl; sprinkle gelatine on top of water; add hot water; stir until dissolved. Add berries, lemon juice, salt. Cool. When it begins to thicken, fold in whipped cream and stiffly beaten egg whites. Pour a layer of the strawberry mixture in bottom of mold; arrange cake or lady fingers around sides and fill pan alternately with mixture and cake. Chill. Unmold. Garnish with whipped cream and strawberries. Serves 8.



JOBGING BUSINESS.

Business College Merchandise.

21 Jobging Business.

5 Brls. Fish @ \$10.25

Business College Merchandise.

22 Jobging Business.

4 Brls. Pork @ \$18

Business College Merchandise.

23 Jobging Business.

5 Brls. Beef @ \$12.50

Business College Merchandise.

24 Jobging Business.

15 Brls. Salt @ \$3.25

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No.

Pa

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No. 4

Pa

One

There is Not an Egg in These

And the Family is Just as Well Pleased

By Harriet Coates

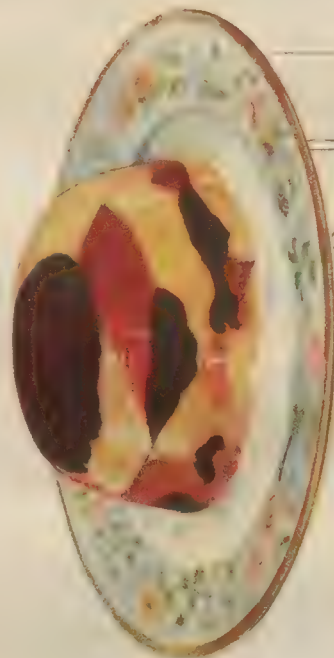


SUNSET PUDDING. Grate the peel of one orange and put it into a stewpan with one quart of milk and half a cupful of sugar; bring to the boil; add five tablespoonfuls of cornstarch mixed into a smooth paste with a little cold milk. Let it boil until it thickens, then divide it into three portions; color one part chocolate with two tablespoonfuls of cocoa, one part pink with two tablespoonfuls of currant jelly, the third portion having been colored with grated orange peel. Drop into a wetted mold some of the chocolate, then the yellow, and the pink; drop it so that the pudding is well streaked through. Let it stand until it is well set before using. Serve with whipped cream.



COCOA PUDDING. Put one quart of milk into a double boiler and let it come to a boil. Put five tablespoonfuls of cornstarch into a bowl and mix it with enough milk to make a smooth paste; add this to the milk, stirring it all the time; add half a cupful of sugar mixed with four tablespoonfuls of cocoa and let it cook for about five minutes. Rinse a mold with cold water, pour in the cocoa mixture and put it aside to set; when firm, turn out and serve cold with red currant jelly sirup and whipped cream. By using sweet chocolate instead of cocoa, the sugar may be omitted. Fruit may be used in place of the whipped cream if desired.

STEAMED RASPBERRY-JAM PUDDING. Soak half a pound of bread in cold water. Then squeeze it as dry as possible, and beat it with a fork until the bread is light and crumbly. Chop three ounces of suet fine and add to the bread with half a cupful of seedless raisins, two tablespoonfuls of brown sugar, half a teaspoonful of baking powder, a little cinnamon and ground ginger and a little milk. Steam in a well-greased dish for two hours. Serve with a sauce made by boiling together three tablespoonfuls of raspberry jam, half a cupful of water and half a teaspoonful of lemon juice. Garnish with whipped cream.



BANK.

\$119 ⁵⁵/₁₀₀

⁵⁵/₁₀₀ Dollars

C. E. Stoddard

ank.

\$105 ⁶⁹/₁₀₀

⁶⁹/₁₀₀ Dollars

Hall

You should now have on hand checks to the amount of \$717.98, which you are to indorse and deposit in the bank as heretofore. Enter this deposit in your Check Book and add it to the balance on deposit, \$4262.44, making your present balance \$4980.42.

Call upon your teacher with your Journal, and have the entries verified.

You may now post the amounts from the Journal to the Ledger, proceeding carefully, according to the directions given for posting under the heading of "Instructions for the Second Posting" on page 12, the Guide. You are now to resume the work in this Tablet until instructed to do so in the Guide.

THREE COCKTAIL / Pour into a

M a ' ...

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JOBGING BUSINESS.

Buy the following merchandise of W. S. Hull, and give in payment your note on demand, one day after date, without interest. Use the first note in your Note Book, filling it out as in the following form, writing the name of your city and state, and the current date, in place of "Cincinnati, Ohio, Sept. 14, 190," and signing your name in place of H. B. Burton's.

No. 1

Sept.

For Inv. No. 7

IN FAVOR OF

W. S. Hull

INDORSED BY

Interest at

Due on demand, after date

\$261²⁸



Cheese Omelet

Due on demand, after date.

H. B. Burton

the order

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Dollars

received.

Variations of the Omelet

By Mabel J. Crosby

UNCLE SAM, is asking us to be careful in our use of eggs. This does not mean that eggs should not be served at all, but rather that every egg should be made to count as actual nourishment. The INSTITUTE has evolved a number of recipes for omelets in combination with other foods. In them the high muscle-building food-value of the eggs is utilized to the fullest extent and yet the dish has sufficient bulk to satisfy the appetite of the average family of six. These omelets are suitable for breakfast or luncheon, or if the evening meal is a supper they will provide an especially appetizing main dish. They may even serve as the main dish for the meatless dinner.

One type of omelet may be the foundation for many combinations. The so called "puffy" omelet is best to use as a basis. Contrary to common opinion, the puffy omelet is not a difficult one to make. First separate the yolks of the eggs from the whites, and beat the yolks until very light and lemon-colored. For every egg add to the beaten yolks a tablespoonful of cold water or milk with the desired seasoning of salt, pepper, and paprika, if desired. Beat all together again. Beat the whites of the eggs in a separate bowl until they are stiff and very dry. When sufficiently beaten, the bowl may be turned upside down without any fear of the fluffy mass slipping out. Next, turn the beaten egg-whites on the egg-yolk mixture and fold the egg-whites in carefully, but not too thoroughly.

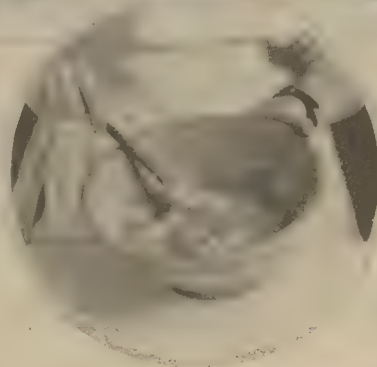
In the meantime, heat the omelet-pan of the special type illustrated, or use an iron or aluminum frying-pan. Melt in it [one] tablespoonful of butter when a four-egg omelet is being made. Into the hot, buttered pan pour the egg mixture.

If an omelet-pan is being used, pour half of the mixture into each side of the

pan. Cook over a slow fire until the omelet "breathes"—becomes full of breaking air-bubbles at the surface—and is a golden brown on the underside. Set the pan in a warm oven for five minutes or until the omelet is dry on top. Be very sure that the oven is not hot. If put in too hot an oven the omelet will be shrunk and tough. When the top is just dry, remove the omelet from the oven, mark through the center with a knife, fold over if it is



To make the omelet, separate the eggs. Beat the yolks, add seasoning and one tablespoonful of milk to each egg



being made in a frying-pan, or double over the omelet-pan. Turn on a hot platter. Garnish and serve at once. This quantity makes a puffy omelet sufficient for four people, but the same number of eggs will serve six by the addition of other foods.

Cereal foods proved well adapted to use in omelets. Rice, cooked hominy, cooked farina, cooked corn-meal mush, and bread-crumbs of all kinds can be added to this basic omelet recipe. Add one cupful of cooked rice to the egg-yolks after the water has been added, and you can make an especially delicious rice omelet. Or three fourths of a cupful of cooked hominy, farina, corn meal, or left-over cereal may be added to the yolks, after the water has been added. All these are excellent variations.

Stale bread-crumbs are delicious when used in place of the cereals. For this, the darker breads are most appetizing, giving a richer, better flavor than when white crumbs are used. Break stale (not dry) bread into fine crumbs and allow one cupful to a four-egg mixture, adding them to the well-beaten egg-yolks and water as directed above.

The accompanying illustrations clearly show the procedure in making a cheese omelet. The foundation is the basic puffy omelet just described. But just before the omelet is ready to be placed in the oven cover one half with cheese, either grated or sliced very thin. The oven heat will melt the cheese as well as dry the omelet. Vary the amount of cheese to suit your own taste. One-half cupful gives a rich flavor. If grated cheese is used, it can be added to the omelet at

the same mixing stage as the rice or bread-crumbs in the recipes above.

Cheese is also excellent to use in combination with tomatoes or fish in more complicated omelets. The tomato and cheese omelet given below was contrib-

Then beat the egg-whites till they are stiff and dry. The proof that they are sufficiently beaten is to turn the bowl upside down. If the whites have been sufficiently beaten, they will be so stiff as not to slip from the bowl

Turn the beaten egg-whites on the beaten yolks and fold the whites in carefully, though not too thoroughly. In the meantime, heat the omelet-pan or frying-pan and melt one tablespoonful of butter in it

Sell merchandise cards 25 and 27 to C. H. Wesley for cash, less 3%. Receive the following check in payment.

sted by Florence Spring and is very delicious, but so tender that it is difficult to fold without breaking. It is too good, however, to omit on that account.

Heat one pint of milk and while heating add two cupfuls of stale bread-crumbs and a quarter-cupful of grated Parmesan cheese. Beat this well. Then take three eggs and beat them thoroughly until very light. Add them to the above mixture. Season with one teaspoonful of salt and one-eighth teaspoonful of pepper. Divide the mixture, pouring one-half into a well-buttered frying-pan. Let it cook rather slowly for about two minutes. Then spread over one side of the omelet half a diced raw tomato. When brown on the bottom put in a warm oven for a few moments to set, and fold as usual. Then cook the other half in the same way. The result is better if the two are cooked separately. Either parsley or chives may be added to this rule if desired.

With the four-egg omelet foundation many different omelets may be made from meats, fish, and vegetables of various kinds. When the omelet is removed from the oven, spread over half of the surface one-half cupful of any kind of minced or diced meat moistened in one-half cupful of medium-thick white sauce or gravy. Chicken, veal, liver, beef-kidney, and ham are particularly good used in this way to add variety.

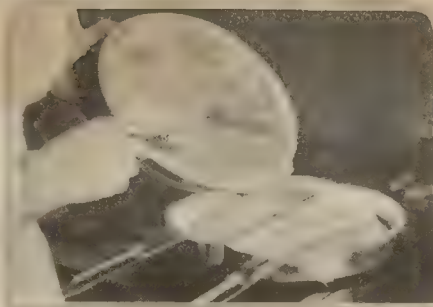
All kinds of left-over or canned fish may be folded into omelets. These are best moistened in white sauce before spreading on the omelet. A small quantity of grated cheese put into the omelet mixture combines especially well with fish. Spread the fish mixture over the surface and fold in. Season all these omelets well with salt, pepper, and paprika. Try adding mushrooms sautéed in butter, and you will be delighted with the result.

A cheaper combination omelet may be evolved by using a three-egg foundation, adding any of the cereal mixtures suggested above and cooking according to directions. Just before folding add any fish, meat, or vegetable desired. Creamed fish with a little diced tomato in it is a very delicious combination. Be very sure that the mixtures to be spread over the omelet before folding are moist.

Especially appetizing and unique is a recipe for Spanish omelet that appeared on the Tested and Approved Recipe pages some months ago. It is well worth repeating. The foundation is the puffy omelet. To fill a four or five egg omelet, fry six strips of bacon, remove from pan, and keep hot. Then cook together in the fat until tender four sliced ripe olives, four seedless raisins, six large mushrooms, one tablespoonful each of minced green pepper, minced pimiento, minced parsley, and minced onion, and one-half teaspoonful of paprika. When cooked add one tablespoonful of flour and one-fourth teaspoonful of salt. After the omelet is removed from the oven, spread the filling over one-half, fold, and serve garnished with the hot strips of bacon.

Another delicious omelet which goes to the "right spot" is made with tomatoes. Follow the same

Then hold a warm platter close so that the finished omelet—golden brown and delicious—may be turned out without any danger of its breaking. Garnish with parsley and serve



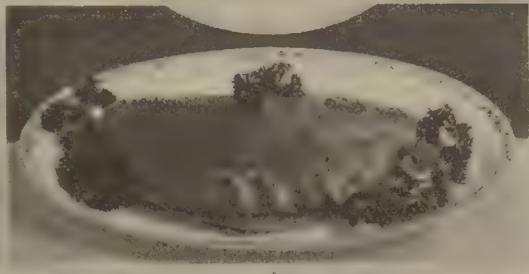
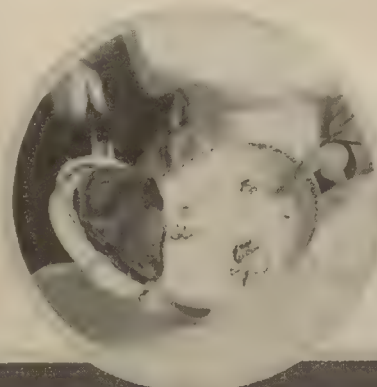
Pour the mixture into the hot omelet-pan, or a frying-pan may be used



When brown on the bottom, add the filling. Here it is thinly sliced cheese



Remove from the oven and fold one side on the side that has been filled



omelet recipe, but before placing it in the oven cover one half with diced ripe tomatoes, and sprinkle with salt. Let stay in the oven about eight minutes, remove, and fold. Serve garnished with parsley. The diced tomatoes may also be stirred into the omelet before cooking. If canned tomatoes are used, do not add them until just before folding the omelet. If placed on the omelet before sending to the oven, they are apt to dry out.

Savory Baked Omelet is different and also economical of eggs. To make it, take one cupful of milk, heat nearly to boiling, and add two tablespoonfuls of butter. Mix two tablespoonfuls of flour with an equal quantity of cold milk and add it to the well-beaten yolks of two eggs, with one-quarter teaspoonful of salt, one-quarter teaspoonful of paprika, and one tablespoonful each of finely minced parsley and chives; beat this all into the hot milk and butter, and lastly fold in lightly the stiffly beaten whites of the two eggs. Pour into a buttered baking-dish and bake in a moderate oven fifteen to twenty minutes. For this recipe credit must again be given to Florence Spring.

The "kiddies" will enjoy a peanut-butter omelet in the morning or for their dinner. To make this use the four-egg foundation as before if six people are to be served. Just before putting in the oven spread half with peanut-butter. If the peanut-butter seems very dry, moisten it by mixing with a little creamed butter or cream. When the omelet is dry on the top, remove from the oven and fold as usual. Turn on a hot platter and serve.

Olives of different kinds may be utilized in omelets to add the necessary amount of nourishment when reducing the number of eggs used, and to those who are fond of olives the variation thus procured will be a pleasing one. Make the omelet as usual, using four eggs. Remove from the oven and spread one-half with chopped olives; fold and serve. The heat of the omelet is sufficient to heat the filling by the time it reaches the table. Ripe olives are particularly well adapted to use in this way.

The sweet omelet is not as well-known to most of us, but it is nevertheless both delicious and easily made. This variety of omelet can well be served when a hearty dessert is desired. In a buttered baking-dish place a layer of any kind of cooked fruit. Be sure that it is well drained from the juice. Over this pour a three-egg omelet made exactly as directed above, with two exceptions: omit the usual amount of salt and pepper and add in their places only a speck of salt and two teaspoonfuls of powdered sugar; in place of one of the tablespoonfuls of water use a tablespoonful of lemon-juice. Bake in a slow oven about twenty minutes. Test as you would a custard. If a silver knife thrust in it comes out clean, the omelet is done. Serve at once. Pineapple, cherries, peaches, etc., can be used in this way. Also try for a change, marmalades (orange is very good), jams, conserves, or apple-butter. These sweet omelets may be baked in individual dishes or custard-cups. The three-egg foundation will serve six people.

This omelet is not only an attractive dish, but one which furnishes a good deal of nourishment as well. With the addition of other foods, it may be served to as many as six persons

All measurements are level, standard half-pint measuring-cups, tablespoons, and teaspoons being used. Sixteen level tablespoonfuls equal a half-pint. Quantities are sufficient for six people unless otherwise stated. Flour is sifted once before measuring.

Luncheon Cake

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|------------------------|----------------------------|
| 1 cupful brown sugar | 1 cupful raisins |
| 1 cupful shortening | 1 cupful strained tomatoes |
| 1 teaspoonful cinnamon | 2 cupfuls flour |
| 1 teaspoonful cloves | 2 teaspoonfuls soda |

Cream sugar and shortening together, add spice and raisins; then to the stewed tomato add the soda; beat well and stir all together rapidly with the sifted flour. Bake in a loaf pan. A moist and excellent cake, very wholesome for children's school luncheons. *M. M. Parks, 923 West Poplar St., Rogers, Ark.*

Salmon Chops

- | | |
|------------------------|---|
| 1 tablespoonful butter | 1/2 cupful dried white or entire-wheat bread-crumbs |
| 2 tablespoonfuls flour | 1 can salmon |
| 1 cupful milk | |
| 1 teaspoonful salt | |

Make a white sauce thus: Melt the butter, add the flour and seasoning, and blend well. Add milk slowly, stirring constantly. Cook until mixture thickens. Add to this the bread-crumbs and salmon, which has been drained and washed after removing skin and bones. Shape like chops, roll in flour. Put a stick of macaroni in the end to simulate the chop-bone. Fry in deep hot fat. Serve with peas and small potatoes. Flour, in this case, is used instead of the usual eggs and crumbs and thus eliminates the additional cost of eggs in a dish of this character.

Mrs. A. E. Stover, 31 Washington St., East Orange, N. J.

Squash Muffins

- | | |
|----------------------------|--|
| 3 cupfuls flour | 2 tablespoonfuls suet (chopped and melted) |
| 1 cupful dry sifted squash | 4 teaspoonfuls baking-powder |
| 2 tablespoonfuls sugar | |
| 1 cupful milk | 1 egg well-beaten |

Mix all the dry ingredients together, add the squash mixed with half the milk, the egg, and the rest of the milk. Add suet chopped and melted. Beat thoroughly and bake in well-greased muffin-pans in a hot oven about twenty-five minutes.

Mrs. Lorena E. Day, 28 Atkinson St., Bellows Falls, Vt.

Johnny-Cake with Suet

- | | |
|------------------------------|----------------------|
| 3/4 cupful corn-meal | 1 cupful sour milk |
| 1/4 cupfuls flour | 2 eggs well-beaten |
| 1/2 cupful sugar | 1/2 teaspoonful salt |
| 1/2 cupful suet chopped fine | 3/4 teaspoonful soda |

Mix and sift the dry ingredients. Add suet and work in thoroughly. Add eggs well-beaten, milk in which the soda has been dissolved, and the flour. Beat well and bake in a well-greased sheet or muffin-pan.

Mrs. Lorena E. Day, 28 Atkinson St., Bellows Falls, Vt.

Pequot Pudding

- | | |
|-------------------------------|-----------------------------|
| 1/4 cupful granulated tapioca | 1/4 cupful shredded coconut |
| 2 tablespoonfuls corn-meal | 1/2 teaspoonful salt |
| 1 cupful brown sugar | 1 quart scalded milk |

Mix the tapioca, corn-meal, coconut, and salt and add to the milk. Cook until it begins to thicken, add the sugar, pour into a buttered pudding-dish, and bake forty-five minutes. With a fireless-cooker gas-range, fifteen minutes with the gas on is long enough, and after the gas is shut off the pudding may be left in the oven indefinitely if it is covered. This pudding may be served hot with melted butter, or very cold with cream.

Mrs. H. J. Rice, 127 Thompson St., Springfield, Mass.

Baked Calf's Liver

- | | |
|---------------------------------|------------------------------------|
| 1 1/2 pound calf's liver, whole | 2 tablespoonfuls thick, sour cream |
| 1 cupful hot water | Salt and pepper |
| 1 tablespoonful flour | Butter or salt pork bits |

Remove the skin, and lard the liver with small strips of salt pork. Dust with salt and pepper. Brown in the butter or salt pork bits. Add the hot water and bake thirty minutes in a hot oven, basting twice, the last time with the cream and flour mixture.

Mrs. H. Giese, Palmyra, N. Y.

M E N U S

for the

Eight- to Twelve-Year-Olds

(Any recipe called for will be sent for a two-cent stamp)

Monday, Breakfast

- | | |
|------------------|----------|
| Oatmeal | Top Milk |
| Toast and Butter | |

Luncheon

- | | |
|------------------------------|----------|
| Cream of Celery Soup | Croutons |
| Whole-Wheat Bread and Butter | Milk |
| Wafers | |

Dinner

- | | |
|-------------------------|------------------|
| Baked Haddock | Spinach |
| Mashed Potatoes | Bread and Butter |
| Chocolate Bread Pudding | |

Tuesday, Breakfast

- | | |
|----------------------|----------|
| Farina with Dates | Top Milk |
| Poached Egg on Toast | Milk |

Luncheon

- | | |
|-----------------|----------|
| Potato Chowder | Crackers |
| Vanilla Cookies | Cocoa |

Dinner

- | | |
|--------------------|--|
| Broiled Beef-Steak | |
| Rice and Carrots | |
| Bread and Butter | |
| Tapioca Cream | |

Wednesday, Breakfast

- | | |
|------------------------|------|
| Banana | Milk |
| Ready-cooked Cereal | |
| Brown Bread and Butter | |
| Milk or Cocoa | |

Luncheon

- | | |
|------------------|-----------------|
| Soft-boiled Egg | |
| Toast and Butter | |
| Cocoa | Molasses Cookie |

Dinner

- | | |
|----------------------|------------------|
| Mutton-Chop | |
| Macaroni | Bread and Butter |
| Rice Custard Pudding | |

Thursday, Breakfast

- | | |
|------------------------|------|
| Orange | |
| Egg in a Nest on Toast | Milk |
| Toast and Butter | |

Luncheon

- | | |
|---------------------------------|---------------|
| Brown Bread Toast in Milk Gravy | |
| Baked Apple | Luncheon Cake |

Dinner

- | | |
|-----------------------|---------------|
| Rare Roast Beef | Mashed Potato |
| Creamed White Turnips | |
| Bread and Butter | |
| Pequot Pudding | |

Friday, Breakfast

- | | |
|---------------|---------------------|
| Figs | Cereal and Top Milk |
| Hasty Pudding | Bread and Butter |
| Cereal Coffee | |

Luncheon

- | | |
|-------------|----------|
| Milk Stew | Crackers |
| Gingerbread | Cocoa |

Dinner

- | | |
|------------------|------|
| Baked Potato | Peas |
| Creamed Oysters | |
| Bread and Butter | |
| Caramel Custard | |

Recipes for this department may be submitted by any reader of Good Housekeeping. They should never before have been printed. At least one dollar will be paid for every recipe accepted. Stamps must be enclosed for the return of unavailable manuscripts.

Cabbage au Gratin

- | | |
|--|----------------------------|
| 2 cupfuls chopped boiled cabbage (seasoned lightly with salt and pepper) | 1/2 cupful buttered crumbs |
| 1 tablespoonful flour | 1 cupful milk |
| 1 tablespoonful butter | Few grains of pepper |
| | 1/2 teaspoonful salt |
| | 1/2 cupful grated cheese |

Put the chopped cabbage into a buttered baking-dish; pour over this white sauce made as follows: Melt the butter, add flour and seasoning, and blend well. Add the milk gradually, stirring constantly, and cook until the mixture becomes thick. Cover with buttered crumbs and grated cheese, and bake until brown. *Mrs. Alta Booth Dunn, Cody, Wyo.*

Fried Crumbed Bacon

Take thin slices of bacon, dip in beaten egg and then in cracker-crumbs, and fry in hot deep fat until brown. Serve with hot cakes for breakfast.

Mrs. W. D. Garretson, 1633 Barry Ave., Chicago, Ill.

Spanish Codfish or Haddock

- | | |
|-----------------------------------|----------------------|
| 2 pounds fresh codfish or haddock | 1/2 cupful olive-oil |
| 2 cupfuls cooked tomatoes | 1 teaspoonful salt |
| 6 eggs, or less, if desired | A little paprika |
| 6 green peppers | 3 cloves of garlic |
| | 3 large onions |

Boil and flake the codfish; chop onions and garlic together, and shred peppers in small pieces. Heat the olive-oil, add the onions and garlic, and fry to a golden brown. Then turn in the peppers, seasonings, tomatoes, and the codfish. If the mixture is not moist enough, add a little extra tomato-juice or water. Simmer slowly for an hour and combine with the eggs, which have been slightly beaten. Return to heat and cook for two or three minutes without allowing the mixture to boil. It should be stirred constantly. Serve with boiled rice.

Mrs. S. J. Erasmus, Sonoma, Cal., R. R. No. 2.

"Pigs in the Blanket"

- | | |
|-----------------------------------|-----------------|
| 1 1/2 pounds round steak cut thin | Bacon |
| | Onions |
| | Salt and pepper |

Cut the steak into twelve pieces. Pound them to make larger and to facilitate rolling. Lay a small piece of bacon and a thin slice of onion on each piece of steak; dust with salt and pepper and roll, fastening together with toothpicks. Roll each piece in flour and sear in a hot frying-pan in beef-drippings or lard; then add water to cover the bottom of the pan; cover closely and simmer for an hour and a half, adding more water to keep the quantity the same. Remove the meat, pull out toothpicks, and make a brown gravy of the drippings.

Mrs. F. C. Vanator, 132 Elberon Ave., E. Cleveland, Ohio.

Vegetable Chowder

- | | |
|--------------------|-------------------------|
| 6 slices fat bacon | 4 large potatoes |
| 1 can tomatoes | 1 can okra if desired |
| 1 quart milk | 2 tablespoonfuls flour |
| 1 can Lima beans | 1 1/2 teaspoonfuls salt |
| 2 onions | 1/2 teaspoonful pepper |
| | 1/2 teaspoonful soda |

Dice the bacon and cook until brown; add onion sliced thin and cooked until softened in the bacon-fat. Combine the lima beans and the potatoes, cubed, with the milk. Add bacon and onions and cook until the potatoes are done. Thicken with the flour mixed with a little cold milk; add the salt, pepper, and okra (if desired), and stir in the tomatoes, after adding the soda to them and bringing them to the boiling point.

Mrs. E. F. Clark, Hanover, N. H.

Spiced Sauce for Suet or Bread Pudding

- | | |
|----------------------------------|---------------------------------|
| 2 tablespoonfuls butter | 1 pint boiling water |
| 2 tablespoonfuls corn-starch | Juice and grated rind one lemon |
| 1 cupful sugar | 1 tablespoonful vinegar |
| 1 teaspoonful mixed ground spice | |

Sift together the sugar and corn-starch, stir rapidly into the boiling water till thickened, and cook ten minutes; then add the butter, a little at a time, and stir in the lemon, vinegar, and spice.

Mrs. J. R. Draper, 71 Woodland Rd., Auburndale, Mass.



Other instances of Eagle Brand's
"magic"—

SHAKER SALAD DRESSING

(No oil, and—here's modern cooking for you!—you just shake it up!)

- ½ cup vinegar
- 1½ cups (1 can) Eagle Brand Condensed Milk
- 1 egg yolk
- 1 teaspoon mustard
- 1 teaspoon salt

Place ingredients in a pint jar or beverage shaker, in order listed. Fasten top on jar tightly and shake vigorously for two minutes. The mixture will blend perfectly. Chill before serving.



COCONUT MACAROONS

(The most delicious little cakes you've ever served with a tinkling glass of ice-cold lemonade! Yet they are unbelievably easy to make!)

- ¼ cup Eagle Brand Condensed Milk
- 2 cups shredded coconut
- 1 teaspoon vanilla (optional)

Mix Eagle Brand Condensed Milk and shredded coconut together. Drop by spoonfuls on a buttered pan, about one inch apart. Bake in a moderate oven (350°F.) until a delicate brown. (Vanilla may be added.)

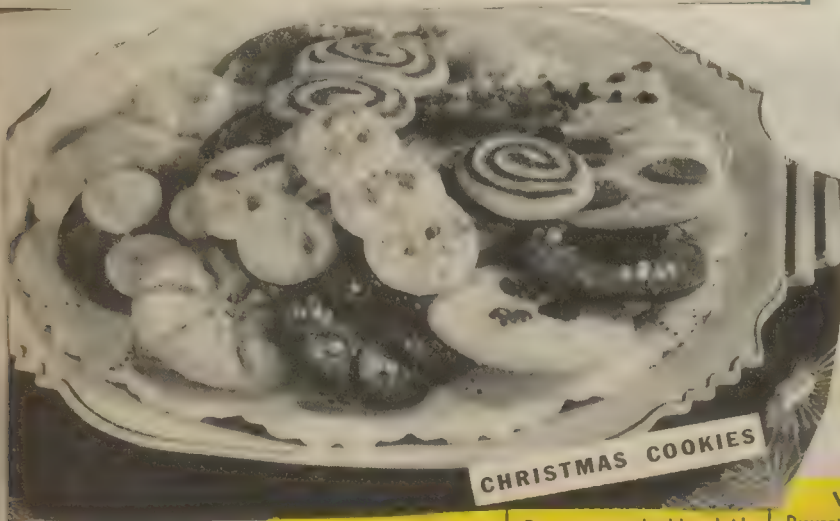
NOTE: Two stiffly-beaten egg whites may be folded into mixture just before placing on pan.



SHORT-CUT FUDGE

- 3 squares unsweetened chocolate
- 1½ cups (1 can) Eagle Brand Condensed Milk
- 1½ tablespoons butter
- 1 tablespoon vanilla
- 2 cups confectioners' sugar
- ½ cup chopped peanuts or other nuts
- ½ cup chopped dates

Melt chocolate in a double boiler. Add Eagle Brand Condensed Milk and cook five minutes, stirring occasionally, until mixture thickens. Remove from fire, add butter and vanilla and work in confectioners' sugar. Fold in chopped nuts and dates. Pour into a shallow buttered pan. Chill. Cut in squares for serving.



CHRISTMAS COOKIES

ORANGE LAYER CAKE

- 2½ cups sifted Swans Down Cake Flour
- 2 teaspoons baking powder
- ¼ teaspoon salt
- Grated rind of 1 lemon
- Grated rind of 1 orange
- ¾ cup butter or other shortening
- 1½ cups sugar
- 3 eggs, unbeaten
- 2 tablespoons lemon juice
- 5 tablespoons orange juice
- 2 tablespoons water

Sift flour once, measure, add baking powder and salt, and sift together three times. Add lemon and orange rind to butter, and cream thoroughly; add sugar gradually, and cream together until light and fluffy. Add eggs, one at a time, beating thoroughly after each addition. Add flour alternately with combined fruit juices and water, a small amount at a time. Beat after each addition until smooth. Bake in two greased 9-inch layer pans in moderate oven (375°F.) 20 minutes, or until done. Spread Orange Butter Frosting (page 26, "New Cake Secrets") between layers and on top and sides of cake.

- CREAM SOUP*
- CHEESE CRACKERS
- TUNA FISH AND GREEN PEA SALAD*
- HOT BISCUITS OR ROLLS
- STUFFED CELERY
- HOT FUDGE SHORTCAKE*
- COFFEE

Cream Soup

- 2 cans tomato soup
- 2 cans celery soup
- 2 cans pea soup
- 1½ quarts milk

Put tomato, celery and pea soup in saucepan. Fill 1 can with water and rinse out cans. Add to soups and heat thoroughly. Scald milk and add gradually. Heat thoroughly.

Tuna Fish and Green Pea Salad

- 3 large cans tuna fish
- 2 cans green peas
- 1½ cups mayonnaise
- ¼ cup chopped stuffed olives
- 3 heads lettuce

Remove skin and bones from fish, and drain peas. Mix fish, peas and olives. Add salad dressing and mix lightly. Arrange on crisp lettuce leaves. Sprinkle with sliced olives and capers.

Hot Fudge Shortcake

- Cover small rich cup cakes with a sauce made of
- 6 cups sugar
- 6 squares chocolate
- 1 cup corn syrup
- 2 cups water
- ½ cup butter
- 3 tablespoons vanilla
- Few drops oil of peppermint

Boil sugar, grated chocolate, corn syrup and water together until temperature is 234°F. (soft ball). Add butter; cool slightly and add vanilla and peppermint. Serve hot.

VITAMIN C

Prevents scurvy; most easily destroyed of all vitamins.

- | | |
|-------------------|----------------|
| Apricots | Raspberries |
| Blackberries | Sauerkraut |
| Carrots | Spinach |
| Grapefruit | Strawberries |
| Loganberries | String Beans |
| Peaches | Sweet Potatoes |
| Peas | Tomatoes |
| Pineapple & Juice | Tomato Juice |

VITAMIN D

Aids bone growth; prevents rickets. Especially important in child feeding. Particularly good sources: DEL MONTE Salmon, Sardines and Tuna.

Aids growth; strengthens resistance to colds and similar infections.

- | | |
|-----------------|----------------|
| Apricots | Plums |
| Asparagus | Prunes |
| Carrots | Pumpkin |
| Cherries | Salmon |
| Corn | Spinach |
| Fresh | Strawberries |
| Prunes | String Beans |
| Peaches | Sweet Potatoes |
| Peas | Tomatoes |
| Pineapple | Tomato Juice |
| Pineapple Juice | |

Promotes nerve health and aids appetite.

- | | |
|--------------|----------------|
| Asparagus | Pineapple |
| Carrots | Juice |
| Cherries | Plums |
| Corn | Prunes |
| Fresh Prunes | Raisins |
| Grapes | Spinach |
| Grapefruit | Strawberries |
| Peaches | String Beans |
| Pears | Sweet Potatoes |
| Peas | Tomatoes |
| Pineapple | Tomato Juice |

*Vitamin B is slightly reduced by heating, but the amount of reduction is very materially lessened by DEL MONTE methods of selection and process.

Business College Merchandise.

29 Jobging Business.

5 Brls. Beef @ \$12.50

Business College Merchandise.

30 Jobging Business.

10 Brls. Salt @ \$3.25

Business College Merchandise.

31 Jobging Business.

10 Brls. Oatmeal @ \$7.50

Business College Merchandise.

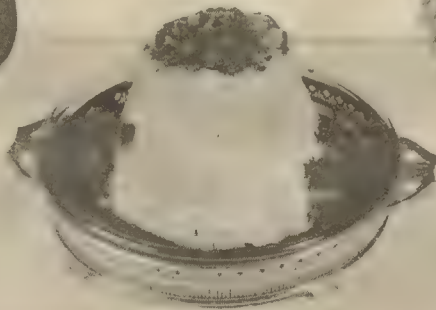
32 Jobging Business.

10 Brls. Cornmeal @ \$3.20

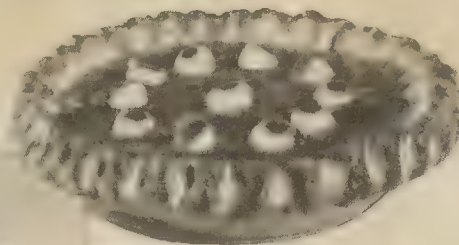
Sell merchandise cards 29 and 30 to G. H. Paine for cash, less 3%.



Fill potato nests with creamed meat or fish. Top with a star or diamond of cooked beet or green pepper, cut out with tiny tin cutters



Serve for luncheon a "potato volcano" with a cavity filled with Welsh rarebit. Covered with crumbs, it is lightly browned in a hot oven



Savory pie is a new combination of left-over meat and potato. The crust is of crisp, browned potato. Top with potato marbles browned

Potatoes for Everybody

By Caroline B. King

ALl hail the potato! Let us take off our hats to Sir Walter Raleigh, who made it popular and, in imagination, lay down our cloaks for him to tread upon as he distributes a prize potato crop to a hungry people. Was it only last spring that we shunned the very sight of a potato, and spent our days in searching for a satisfactory substitute? Now the time of stress is over, and joke writers must find some other butt for their witticisms than the high cost of potatoes. This year we have a bumper crop, and not only may we with clear consciences regale ourselves once more upon the snowy mashed or the crisply baked or the plain boiled potato, but it is our duty to go even further and use it in place of the wheat which is scarce and costly, and must be shared with our Allies.

Heretofore, we have regarded this vegetable merely as a necessary adjunct to the dinner-table. Occasionally, we have used it in making a salad or a chowder. Old-fashioned housewives have sometimes added the water in which potatoes were boiled, with perhaps a few bits of the potato itself to their bread, but further than that we have not gone. This winter we must do better. It is an obligation we owe the farmer, for what will happen to the thousands of bushels of potatoes they have on hand if the crop is not consumed before it begins to decay? And if the potatoes are not sold and eaten, won't this tend to discourage the farmer and result in a small crop next year?

Why should we not again use the potato largely in our bread-making? Our foremothers found it a very excellent addition to their loaves, not because it made them cheaper, for wheat flour was not expensive in those days, but because they were of the opinion that their bread was lighter, moister, and more digestible when potatoes were added to the wheat in making it. In many parts of the country today

WITH an estimated excess of 100,000,000 bushels for last summer's yield, potatoes are more plentiful than they have ever been before. They are nourishing, they should be cheap, and it becomes the patriotic duty of all good Americans to eat prodigally of them in order to save other foods for those across the sea.

Herbert Hoover

potatoes in small quantities are added to the bread, but there is no reason why we should not go still further, and—beseeching Dr. Wiley to be lenient in a very troublous time—substitute the potato for a part of the flour we formerly used! This can be done very satisfactorily; in fact, I have found that bread which is at least one-third potato is very good. It is not quite so fluffy as the bread made entirely from wheat, but it is cheaper and even more nutritious.

Bread made entirely from white flour contains 9.2 percent protein, 53.1 percent carbohydrates, and 1200 heat calories.



Mashed potato has many decorative possibilities that should not be neglected. For garnishing steaks, roasts, and chops, make potato roses, using a pastry-bag with a star or rose tube to fashion them

The use of one-third potato will add nearly 1 percent protein, 12 percent carbohydrates, and about 150 calories. But the potato will also add water in large proportion, consequently the bread is never quite so dry nor so light as when made from all wheat, or from wheat with a smaller percentage of potato. But it will contain its substantial quality to the last crum and will be as sweet and nutty as one could desire.

Here is a recipe for one loaf of good, wholesome potato bread, which even a dyspeptic may eat without fear:

Pare and slice thin enough potatoes to make two cupfuls, cover with boiling water, and cook till tender. Press through a sieve and add to the water in which they were cooked. Cool to lukewarm. Meantime soften one-quarter of yeast-cake in one-fourth cupful of tepid water, and add to the potato and liquid, with one tablespoonful of sugar and one and one-half teaspoonfuls of salt, and a cupful of sifted flour. This flour may be white, entire-wheat, rye, or graham, or it may be a mixture of any of these. I use rye and white flour mixed, which gives a cheap, nourishing loaf. Beat the mixture well and stir in gradually a second cupful of flour. Turn out on the molding-board, adding more flour if needed, and knead vigorously for five minutes, then place in a greased bowl, and stand in a protected nook until double its original bulk. (You will find that potato bread will rise more quickly than bread made entirely of flour, also, that less yeast is required in its making.) When light, knead again and make into a loaf. Place in a greased pan and let rise once more. Bake in a moderately hot oven for fifty minutes. When the bread is baked, rub the surface with a bit of butter or other shortening, and cool without covering it.

Here is a second recipe for potato bread. This is a very old-fashioned and very good one. Three large loaves, or two

"Fried liver" sounds prosaic enough even to the person who is especially fond of it, but served with a border of fluffy potato roses, delicately browned on top, it is transformed into a company dish

W. J. Armstrong

loaves and a pan of biscuits, may be made from the quantities given:

Boil three pounds of peeled potatoes in sufficient water to cover well. Mash them and add a tablespoonful each of salt, melted butter, and sugar. Soften two yeast-cakes in one cupful of tepid skim-milk or use one cupful of home-made yeast, and add to the potatoes after they have cooled sufficiently. Stir in two and one-half cupfuls of flour. Beat well, then put the sponge away in a temperature of 86 degrees until light, which will be in three or four hours. Now add enough flour, either white, whole wheat, or rye, to knead; knead well, return to the bowl, and set away to become light again. Cut into loaves and knead lightly, place in greased pans, stand in a warm place for one hour or until light, and bake fifty minutes. If biscuits are desired, make them up at the last kneading, bake, when light, for twenty minutes. The addition of one egg and one-fourth cupful of sugar to this dough will transform it into a very delicious rusk.

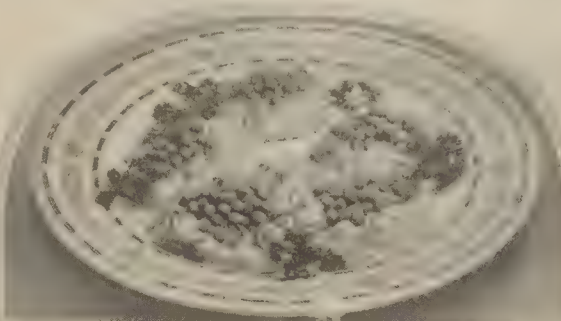
Hot biscuits are always popular, and if they can be made in part from potatoes, there is no reason why we should not indulge our fancy for them occasionally even in war times. Cold mashed potatoes may be used in the recipe for them or the potatoes may be freshly boiled and prepared for the biscuits.

One cupful of mashed potatoes will be required for two cupfuls of bread flour previously sifted with three teaspoonfuls of baking-powder and one teaspoonful salt. Mix these ingredients well and rub in two tablespoonfuls of shortening. Moisten with sufficient milk, or milk and water mixed, to make a soft dough (about one-half cupful will be needed). Turn out on the molding-board and knead very lightly into shape. Then roll quickly and cut into rounds, brush the biscuits over with milk, and bake in a hot oven fifteen to twenty minutes. Remember, in making potato biscuits, to handle them deftly and bake them quickly; these are the two essentials that must be regarded if the biscuits are to be light as the proverbial feather.

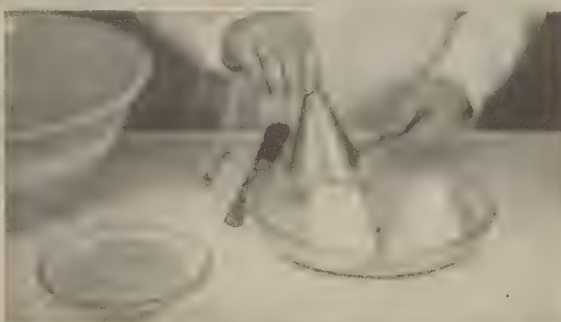
Potato Scones are not unlike the biscuits, and are also very good. Pare and boil till tender six large potatoes, drain and mash them fine, adding to four cupfuls of mashed potato a cupful of sweet milk, one teaspoonful of salt, and a teaspoonful of melted butter. Beat vigorously, and work in sufficient white flour to make a soft dough (about one and a half cupfuls will be needed). Turn out on a floured molding-board, roll quickly and lightly into a thin sheet, and cut into square or diamond-



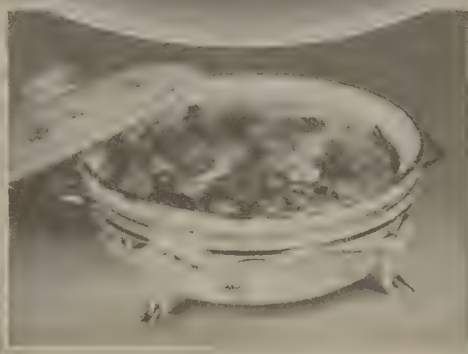
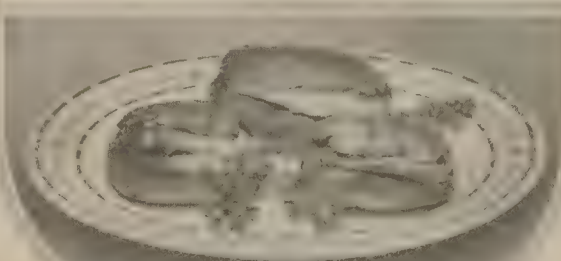
Make potato nests and serve the small bit of left-over vegetables in them



A search in the refrigerator revealed a few peas. They were appetizingly served in nests of potato



A potato volcano with cheese running down from the crater is something very delicious and unusual



shaped cakes. Brush with milk or with the yolk of an egg beaten with a little water, and bake in a quick oven. Spread with butter as soon as they are taken from the oven. Serve these scones quickly, for they will soon fall. Please note that the quality of these cakes depends greatly on the consistency of the dough, which should be very soft, and also upon the deftness with which they are handled.

Potato Fritters make a very good and substantial luncheon dish; served with sirup or jelly, they will always be enthusiastically greeted by the younger members of the family. Pare and wash six medium-sized potatoes, then grate and press them well to expel the superfluous moisture. Sift two tablespoonfuls of flour with one teaspoonful of baking-powder, and add to the potatoes, with one well-beaten egg and one-fourth teaspoonful of salt. Beat well, then drop by spoonfuls into hot, deep fat, fry to a golden brown, and drain on paper. Serve at once, for these fritters are not good unless direct from the fire.

Fried Potato Noodles served with a dinner will transform it into a feast for the gods. Boil and mash enough potatoes to make one and a half cupfuls. Cut into bits one-half cupful of stale bread. Brown the bread slightly in the oven, then crush with a rolling-pin, and fry it to a deep brown in a tablespoonful of butter. Add the buttered crumbs to the mashed potatoes, with salt, pepper, and paprika to taste, and if you like the flavor add also a tiny pinch of mace. Beat the yolk of one egg lightly, and stir into the potato mixture, then fold in the stiffly beaten white of the egg. Whip the whole till very light, then make into balls the size of marbles. Drop these into hot, deep fat and fry until golden brown. The balls should puff up to twice their size, and will be very light when properly cooked. They may be served with tomato sauce, or simply with melted butter, and are greatly improved if a little grated cheese is sprinkled over them just before sending to the table. For variety and also as a means of utilizing bits of cold meat, chop the latter very fine, season well, and place in the center of the noodles when making them into balls. If you wish the balls still lighter, add half a teaspoonful of baking-powder to the potatoes

when the crumbs are added. This is not necessary, but is preferred by many housewives.

Everybody is fond of good crullers, and those for which the recipe follows will be found as light and delicate as a cruller can be. They have for their basis a cup of cold mashed potatoes, saving at least two cupfuls of flour. Let the cupful (Continued on page 126)

Very savory and tempting are baked potatoes to which cheese has been added. They are baked, then cut, and a teaspoonful of grated cheese is tucked into each

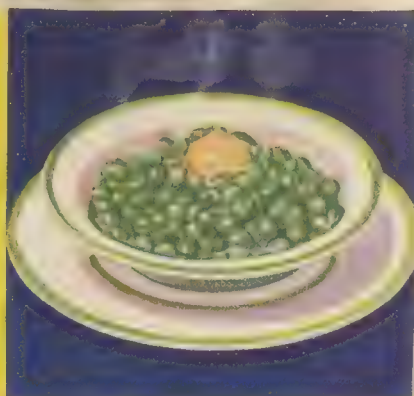
Potato and onion pie is distinctly delicious, hearty, and satisfying. It is photographed here in a hand-painted dish loaned by the Rochester Stamping Company

JOBGING BUSINESS.

Business College Merchandise

33 Jobbing Business

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ment in your Bill Book
Make the following Jour



ness College Merchandise.

Jobbing Business.
ls. Cornmeal @ \$3.20

on page 13, the Guide.



FRUIT CAKE

SWEET MILK DEVIL'S FOOD

2 cups sifted Swans
Down Cake Flour
1 teaspoon soda
½ cup butter or other
shortening
1¼ cups brown sugar,
firmly packed

2 eggs, unbeaten
3 squares Baker's Unsweetened Chocolate, melted
1 cup sweet milk
1 teaspoon vanilla

Sift flour once, measure, add soda, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs, one at a time, beating well after each addition. Add chocolate and beat well. Add flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla. Bake in two greased 10-inch layer pans or three greased 9-inch layer pans in moderate oven (350°F.) 25 minutes. Spread Creamy Chocolate Frosting between layers and on top of cake.

CREAMY CHOCOLATE FROSTING

3 cups sifted confec-
tioners' sugar
4 tablespoons hot water
1 egg white, unbeaten
Dash of salt

1 teaspoon vanilla
3 squares Baker's Un-
sweetened Chocolate
melted

Combine sugar and hot water. Add egg white and beat until thoroughly mixed. Add remaining ingredients and beat until blended. Makes enough to cover tops and sides of three 9-inch layers.

All measurements are level

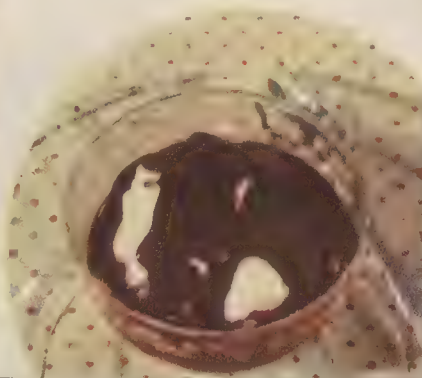


Rece

Two **CHIFFON CHOCOLATE PIE.** Since this is so decidedly a man's page, here's another chocolate dessert that's guaranteed to bring cheers from the masculine side of the family. A most *unusual* Chocolate Pie... and the recipe's on page 47 of the Recipe Book.

in pay **CHOCOLATE SUNDAE.** What treat can more superbly match your Devil's Food than this marvelous ice cream sundae? Covered with a luscious, satiny-smooth chocolate sauce that will not become stringy or sugary. You'll find the recipe on page 39 of the recipe book shown at right.

264. 28



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Buy the following merchandise of A. D. Hunter for your note on demand, one day after date, without interest. Write the note in his favor, and record it in the Bill Book. Make your Journal entry before delivering it. Debit Mdse. and credit Bills Payable.

Now Ways to Serve Potatoes



Potato Timbales Stuffed With Rice or Meat

STUFFED POTATO TIMBALES. Rub one pound of cooked potatoes through a wire sieve; melt one tablespoonful of butter substitute in a saucepan; add the potato and the yolk of one egg; season to taste with pepper and salt, and stir over the fire until thoroughly mixed and hot. Well grease some small earthenware cups, line them thickly with the potato mixture, leaving a hollow in the center of each. Fry some cold rice in a butter substitute until brown; mix with it two tablespoonfuls of Chili sauce. Fill the hollows in the potato cup, cover over the top with a layer of the potato purée. Place them in the oven to brown. Turn them out on a hot dish, and pour brown sauce round. Serve hot. Chopped cooked beef or ham may be used in place of rice.

POTATO PATTIES. Rub one pound of cooked potato through a sieve. Melt one ounce of butter substitute in a stewpan and put in the potato; add half a cupful of milk, salt and pepper, and mix well together. Chop half a cupful of cooked meat finely; chop and fry one onion in a little fat and mix it with the meat in a stewpan. Add a little parsley, seasoning and enough sauce to bind the mixture. Grease six or eight good-size patty pans, line them with the potato mixture, put some of the prepared meat in the center, and cover with a layer of the potato. Put a little bit of butter substitute on each, place on a pan, and bake in a moderate oven until brown. Take up, turn them out of the pans and dish up. Serve hot.

HUNGARIAN POTATOES. Chop two onions; peel and wash two pounds of potatoes and cut them into thick slices. Melt two ounces of butter substitute in a stewpan, put in the onion and fry it without browning. Slice two tomatoes, after peeling them, press out some of the seeds and add the tomatoes to the onions and the sliced potatoes. Stir in the paprika pepper, salt and pepper; mix all together, then just cover with stock. Cook gently until the potatoes are tender and the stock has been almost entirely reduced. Dish up on a hot dish, and sprinkle with chopped parsley.

CRUMBED POTATOES. Wash one pound of potatoes, scrape them, and boil until tender; they should not be overdone. Drain, and cut each into halves; season with salt and pepper. Melt two tablespoonfuls of bacon fat, pour it on to a hot plate, dip the potatoes into it, brush them over and then toss them in freshly made bread crumbs. Place them on a greased baking tin, and bake in a quick oven for about fifteen minutes. When brown, dish up neatly in a pile on a hot dish. Serve hot.

POTATO AND CHEESE RISsoles. Take half a pound of cold potatoes, two ounces of grated cheese, half a teaspoonful of herbs, salt and pepper to taste and two tablespoonfuls of cooked oatmeal. Mash the potatoes, and mix with cheese, oatmeal, herbs, salt and pepper. Form into rissoles, roll in yolk of egg and then in bread crumbs. Fry quickly in boiling fat.

WALLED POTATOES. Take three cupfuls of cooked potatoes, one cupful of cold meat, one tablespoonful of milk, one spoonful of flour, one tablespoonful of fat, one cupful of stock or water, and salt and pepper to taste. Mince the meat finely; melt the fat in a saucepan; add the flour and stock and stir until it boils; season to taste. Put the meat in and let it simmer; do not let it boil quickly, or the meat will harden. Mash the potatoes; add the milk and salt, then make a wall of the potatoes round a hot dish, and pour the meat and gravy into the center.

POTATO AND CHEESE PIE. Take three pounds of potatoes, one egg (hard-boiled), four ounces of cheese and three ounces of bread crumbs. To make a thick sauce, take a tablespoonful of dripping, one tablespoonful of flour, a pint of milk, salt and pepper. Cook the potatoes until almost tender; slice the potatoes a quarter of an inch thick. Grate the cheese, cut the egg into slices, make a sauce with flour, drippings, milk, salt and pepper, and add to it half the grated cheese. Grease a pie dish, and put in alternate layers of potato, egg and sauce. When the dish is full sprinkle the top with the crumbs and the rest of the cheese mixed together; put three or four small

pieces of butter substitute on the top, and cook in an oven for from fifteen to twenty minutes, or until a nice brown. This is sufficient for six people.

MELTING POTATOES. Wash, peel and boil six potatoes in salted water; when done, drain, and dry over the fire for a few minutes, then take each potato and press firmly in a cloth so as to give it a round shape. Place them in a well-greased baking pan, pour one cupful of stock over, put a piece of butter substitute on each potato and place them in the oven to bake for about twenty minutes; by that time the stock should have been absorbed by the potatoes. Dish up and serve hot. Potatoes cooked in this way melt in the mouth, hence the name.

BAKED SAVORY POTATOES. Six large potatoes, two large onions, two teaspoonfuls of sage, one ounce of bread crumbs, two ounces of butter substitute, half a teaspoonful each of pepper and salt. Peel the potatoes, and cut them lengthways into slices about half an inch thick; place these slices in a baking tin or a dish which has been well greased with one ounce and a half of butter substitute. Peel and boil the onions for fifteen minutes in salted water, and the sage tied in a piece of muslin for the last five minutes. Chop the onions and sage, and mix with bread crumbs, salt, pepper, and half an ounce of butter substitute. Spread the mixture thickly over the sliced potatoes and bake for one hour.

PEAS IN POTATO CUPS. For four persons, boil, mash and season six medium-size potatoes. Divide into quarters, form into balls and indent with the large end of an egg, washed and oiled. Brown lightly and fill with canned peas which have been heated and seasoned with butter substitute, salt and pepper.

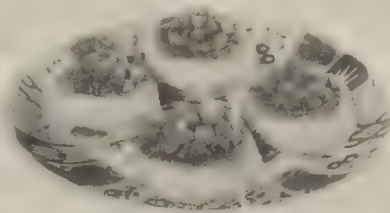
POTATO PUFFS. Take one pound of cold mashed potatoes, one egg, half a cupful of flour, half a pound of cold roast or boiled mutton, one small onion and pepper and salt to taste. Make the potatoes and flour into a stiff dough with the egg; roll out about half an inch thick. Mince the meat finely with the onion; add pepper and salt to taste. Then cut out small strips of the potato paste, put a little meat on each, turn over and press together to form little puffs. Fry each one in boiling fat, sufficient to cover them, until a golden brown. Drain, and serve quickly.

POTATO SOUP. Cut up small one onion, one carrot, and about six good-size potatoes; simmer until cooked in a quart of milk. Pass through a wire sieve; return to the pan; add a piece of butter substitute, and season to taste. Serve with diced toasted bread.

POTATO AND SAUSAGE ROLLS. Take half a pound of sausages, one egg, any cold potatoes left over, a cupful of bread crumbs and pepper and salt. Mash the potatoes with the seasoning; well beat the egg, and add it to the potatoes. Mix this well. Fill a large tablespoon with the mashed potato. Cut the sausages into halves and place a half on each spoonful of potatoes; cover with more potatoes, turn out of the spoon, and dip the whole into bread crumbs. Have ready a frying pan with hot fat, and fry each roll a nice brown. Serve hot on slices of fried bread.

POTATO BALLS. Steam two pounds of mealy potatoes, and beat them until they are smooth and free from lumps. Mix with them two tablespoonfuls of butter substitute, a teaspoonful of salt and two tablespoonfuls of boiling milk. Make them into balls the size of a walnut; brush each one over with beaten egg, and fry in hot fat until they are nicely browned. Serve with brown gravy.

POTATOES IN SAUCE. Boil sufficient potatoes in salt and water in their jackets. Let them cool, then peel, and cut them into thick slices. To every six potatoes allow one tablespoonful of mixed parsley, two tablespoonfuls of butter substitute, four tablespoonfuls of gravy, two tablespoonfuls of lemon juice, and seasoning to taste. Melt the fat in a stewpan with the parsley, gravy and seasoning, and mix well together. Put in the sliced potatoes and make them hot, taking care to shake them occasionally to keep them covered with the sauce. Squeeze in the lemon juice just before serving.



Peas in Potato Cups



M Sandwich of Heinz Oven-Baked Beans with Pork and Tomato Sauce, mashed, seasoned with horseradish, chili sauce and onion juice, and spread between slices of buttered whole wheat bread.

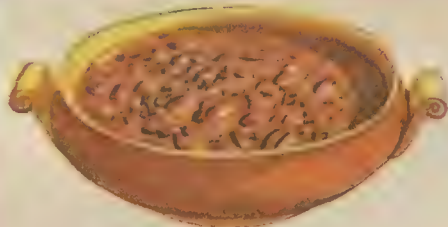


Baked Bean Hotdish. A delicious dinner or supper dish made from Heinz Oven-Baked Beans with Pork and Tomato Sauce. (Recipe in free booklet offered below.)



Terms

Salad of drained Heinz Oven-Baked Kidney Beans combined with salt, celery or cabbage and India relish; moistened with mayonnaise and served cold on lettuce.



Quick Chili Con Carne. Heinz Oven-Baked Red Kidney Beans, combined with chopped beef and seasoned to the king-and-queen's taste. (Recipe in free booklet offered below.)

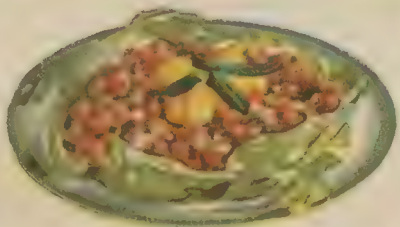


No.

Appetizing Supper Snacks. Heinz Oven-Baked Beans, Vegetarian Style, combined with onion, chow-chow pickle and mustard sauce; spread between thin slices of canned corned beef.



Bermuda Onions stuffed with Heinz Oven-Baked Beans, Vegetarian Style. As savory a dish as you've ever eaten — and fine for meatless meals! (Recipe in free booklet offered below.)



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Salad of drained Heinz Oven-Baked Beans, Boston Style, combined with salt, chopped hard-cooked eggs, sweet pickle and onion; moistened with mayonnaise, served cold on lettuce.



Cape Cod Baked Beans and Corn. Here Heinz Oven-Baked Beans, Boston Style, and fresh or canned corn are combined. Result—a masterpiece! (Recipe in free booklet offered below.) © 1932, H. J. H. Co

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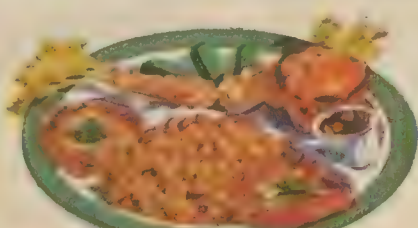
Girls. Oatmeal..... @ \$7.50
Brns. Flour..... @ 6.00

Bill Book, the same as

as in former papers



1 A zesty "one-plate" meal! Heinz Oven-Baked Beans with Pork and Tomato Sauce . . . Broiled Tomato with Bacon on Toast . . . Timbale molds of Raw Vegetable Salad . . . Scallions and Olives.



A vegetarian plate—featuring Heinz Oven-Baked Beans, Vegetarian Style, with Fried Apple Rings . . . Stuffed Celery and Sweet Gherkins . . . Muffins . . . and Currant Jelly.



Try this delicious plate on your family! Heinz Oven-Baked Kidney Beans . . . Thin Slices Broiled Ham . . . Spinach with Hard-Cooked Egg . . . Pineapple Slice Salad . . . and Hot Biscuit.



Substantial and economical! Heinz Oven-Baked Beans, Boston Style . . . Heinz Tomato Juice . . . Cold Cut . . . and Currant Jelly.

Dollars

Pease.

merchandise for the amount of the bill. Itemize this sale, as in the sale to C. C. Scott.

Pay note No. 3 by giving W. J. Armstrong your check. Make the proper entry in the Journal and record the payment in the Bill Book, as in the case of notes 1 and 2. Fill out and preserve the following receipt:—

Canned Spinach or Swiss-Chard Salad

- 1 Pint Can of Spinach or Swiss Chard
- 1/2 Cupful of Pickled Beets
- 2 Cupfuls of Shredded Cabbage
- 1 Hard-Cooked Egg With Onion
- Salt and Paprika

PUT the spinach into a colander and press until dry; turn it out on a plate and carefully cut it with a sharp knife, season, and mix with half the dressing. Line a dish with shredded cabbage, which has been in cold water one hour, then drained, dried and mixed with the balance of the dressing. With a tablespoon mold the spinach and place it evenly on the cabbage. Garnish with the beets cut into strips or chopped fine. Separate the egg, chop the white and sprinkle it over the top. Then rub the yolk through the strainer over the top of the spinach and sprinkle with paprika and salt. Serve with crisp corn-meal wafers.

Canned-Pear Salad

- 1 Pint Can of Pears
- 1 Cupful of Finely Cut Celery
- 2 Cupfuls of Chopped Green Pepper
- 6 Stuffed Olives
- 2 Cupfuls of Canned Shredded Lettuce
- 1/2 Cupful of Salad Dressing

IF THE pears are canned in halves cut them into thin slices and put them in the center of a dish or on individual plates and pile the lettuce around them. If the pears are very soft dice instead of slice them. Fresh late pears may be used in the same way. Mix the celery, pepper and olives with the salad dressing and put it around the sliced pears. Serve with Southern corn wafers and Neuf-châtel cheese balls.

Romaine or Endive, Cheese and Crackers

WITH romaine or endive serve a French dressing made with lemon juice instead of vinegar. Serve cheese and crackers with the salad.

Canned-Cherry Salad

- 2 Cupfuls of Canned Cherries
- 2 Cupfuls of Shredded Lettuce
- 4 Marshmallows
- 1/4 Cupful of French Dressing
- 4 Stuffed Olives

IF CHERRIES were canned without being pitted remove the stones and insert a small piece of marshmallow which has been cut out with the scissors. Put on coarsely shredded lettuce and garnish with olives which have been cut into thin rings. Serve with French or other salad dressing.

Canned-Peach Salad

- 1 Pint Jar of Canned Peaches
- 1/2 Cupful of Canned French Dressing
- 2 Cupfuls of Shredded Lettuce
- 6 Small Straks of Celery

LINE a salad dish or a plate with lettuce, put two halves of a peach in the center, and place three or four one-inch pieces of celery, cut from the inside stalks, which has been filled with cottage cheese, on the side of the dish. The cottage cheese is seasoned and flavored to taste. Serve with a French or other salad dressing and crisp oatmeal wafers.

Grape Salad

TAKE one pound of green grapes, skin them, and remove the seeds by making an incision in the side. Place in a bowl, and keep in an ice cold place until ready to use. Wash and separate the lettuce, using the inside leaves. Set in a cold place until ready to use. Serve the grapes on the lettuce leaves with a French dressing made as follows: Mix two tablespoonfuls of olive oil with one tablespoonful of lemon juice or vinegar. Serve with oatmeal wafers.

Orange Salad With Celery

CUT three oranges into halves, remove the seeds and carefully cut the pulp away from the skin. Put into a bowl in a cold place until ready to use. Wash the lettuce carefully, line a salad bowl with the lettuce leaves and put the fruit in the center. Pour over half a cupful of French dressing made with lemon juice. Garnish with celery filled with cream cheese and peanut butter, using two tablespoonfuls of cream cheese to one tablespoonful of peanut butter, and a pinch of salt. Serve with bean crackers.

Homemade Cottage Cheese

WHEN the milk is sour and thick pour it into a shallow pan and set it in a warm place, either on the back of the stove or on the warming shelf or in the oven, leaving the oven door open. Let it stand until it separates, then pour it into a cheesecloth bag or a bag. Be sure the bag has been first wrung out of cold water. First, let the curd drain all night; then remove the contents of the bag and add a little salt and pepper. If very dry add a little cream or sweet milk, if correctly made it should not be dry. Olives, onion, green or red pepper may be chopped fine and added to the cheese.

ANY housekeepers have

canned, pickled, spiced and dried large quantities of vegetables and fruits during the past four or five months, and now comes the time to begin to use them. Most canned vegetables will keep themselves for salad, and when there is salad no dessert is needed, or when vegetables or fruits are made into puddings no salad is needed.

We, as housekeepers, have a very important part to play in these times when changes of all kinds must take place in our menus to help us serve the food supply for those who do not have enough to go around.

Many of our old time favorite dishes must be changed. For instance, instead of pumpkin pie for Thanksgiving there will be pumpkin pudding to save the cupful of flour and the lard used in the crust. Instead of sweet potato or squash pie bake the filling in custard cups for a change. Let our watchword be "No Waste."

Substantial Vegetable Salad

- 2 Cupfuls of Pickled Beets
- 2 Cupfuls of Cold Boiled Carrots
- 2 Cupfuls of French Shredded Cabbage
- 2 Cupfuls of French Shredded Lettuce
- 1/2 Cupful of Stuffed Olives
- 1 Green Pepper
- 1 Chopped Fine Onion
- 1/4 Cupful of Finely Chopped Parsley
- 2 Cupfuls of Salad Dressing
- 1 Cupful of Mayonnaise
- 1/2 Cupful of French Dressing
- 1 Teaspoonful of Salt
- 1 Teaspoonful of Paprika
- 2 Hard-Cooked Eggs
- 1 Chopped Fine Onion

LINE a large chop plate or a platter with lettuce leaves, put the diced red beets high in the center, the cabbage which has been in ice water and then dried around the beets, and sprinkle liberally with the green pepper and two tablespoonfuls of French dressing; next put the carrots, which have been diced, and then the shredded lettuce around the carrots; sprinkle all with salt, a little paprika and French dressing. On the shredded lettuce lay the hard-cooked eggs cut into slices.

The onion is mixed with the boiled dressing or mayonnaise, which is put on in spoonfuls—one spoonful on top of the beets, three spoonfuls on the cabbage, three on the carrots and a little on each cut of egg. The olives are cut into three slices and used to decorate the dish. All is then sprinkled with parsley, green pepper and paprika.

Salted String Beans Made Into Salad

SPOON the beans in cold water for two hours; put into a saucepan, cover with boiling water and boil in an uncovered vessel until tender. Drain, and dip into cold water. Serve with a French dressing flavored with onion or garlic. Do not use salt with these pickled beans.

Sweet-Potato Salad

- 1 Quart of Cold Boiled Sweet Potatoes
- 2 Cupfuls of Finely Chopped Celery
- 2 Stuffed Olives
- 2 Cupfuls of Shredded Lettuce
- 2 Cupful of Mayonnaise, Salt and Dressing
- 1/4 Cupful of French Dressing
- 1 Teaspoonful of Salt
- 1/4 Teaspoonful of Paprika

SKIN and dice the sweet potatoes quite small, being careful that they are not boiled too tender; cover the diced potatoes with French dressing, salt and paprika; add the celery last. Mix and place in the center of a dish that has been lined with the shredded lettuce. Cover the top with mayonnaise and garnish with olives that have been cut into thin rings; if preferred the olives may be mixed through the salad. This makes a very hearty luncheon salad.

Green-Pepper Salad

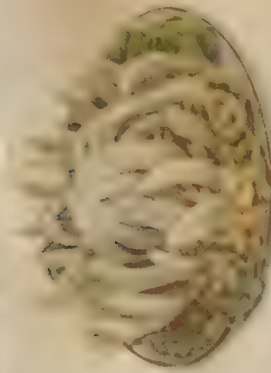
- 6 Green Peppers
- 2 Cupfuls of French Dressing
- 2 Cupfuls of Shredded Lettuce
- 1/2 Cupful of Mayonnaise

WASH and put the peppers into a hot oven; bake for ten minutes; remove, plunge into cold water and remove the skins and the seeds; put in the refrigerator. When ice cold, shred with a sharp knife, place on lettuce and cover with the dressing. Serve with crisp crackers and cheese.

Tomato-Jelly Salad

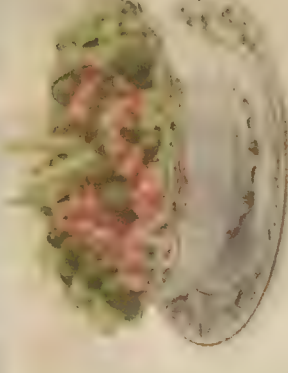
- 2 Cupfuls of Strained Tomato
- 2 Teaspoonfuls of Gelatin
- 1 Teaspoonful of Salt
- 1 Dash of Paprika
- 2 Teaspoonfuls of Sugar

PUT the tomato in a saucepan and boil for ten minutes; add sugar and seasoning, and strain through a fine strainer. Soak the gelatin in two tablespoonfuls of cold water and add it to the strained hot tomato; stir until dissolved. Pour out on a deep plate or mold that has been rinsed with cold water. When firm cut into half-inch cubes and put on lettuce leaves. Serve with a salad or mayonnaise dressing.



WATER-LILY SALAD

Water-Lily Salad. The petals of the water lily are formed from celery and from the whites of cooked eggs cut in strips lengthwise, the ends of one egg being pressed together to disclose the yellow center, which is uncut. The egg and celery are arranged on chicken salad.



OLIVE AND SHRIMP SALAD

Olive and Shrimp Salad. Two cupfuls of shrimps are mixed with two cupfuls of stuffed olives and seasoned with celery salt and paprika. The salad bowl is lined with lettuce or endive, and the salad served with mayonnaise dressing. Decorate with endive.



CHERRY-RIPE PIE

It's made with digestible pastry, so don't be afraid to gorge!

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| 1 quart red cherries | 2 or 3 tablespoons flour |
| 1 cup sugar | ¼ teaspoon salt |
| | ½ teaspoon almond flavoring |

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Wash and stone cherries. Mix sugar, salt and flour. Mix with cherries, then add almond flavoring. Line pie-plate with Digestible Crisco Pastry (see double-crust proportions in Master Recipe). Brush bottom crust with melted Crisco to prevent soaking. Fill with cherries. Cover top with Crisco pastry (plain or criss-cross). Dampen edges and crimp together. Bake in hot oven (450° F.) 10 minutes. Lower heat to moderate (350° F.) and bake 20 to 25 minutes longer. Serve with hard sauce.



STRAWBERRY JULEP PIE

"Cool and dainty" expresses this digestible pie

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|---------------------------|---------------------|
| 3 cups strawberries | 1½ tablespoons |
| 1¼ cups sugar | unflavored gelatine |
| 1½ cups water | dissolved in |
| 4 to 6 sprigs mint or | ¼ cup cold water |
| ½ teaspoon mint flavoring | ½ teaspoon salt |

Wash and hull strawberries. Drain well. Bruise mint. Mix sugar, salt, water and mint. Bring slowly to a boil. Simmer slowly 10 minutes. Remove mint leaves. Pour over soaked gelatine. Stir until dissolved. (If mint flavoring used, add here.) While syrup is still hot, pour over strawberries. Stir. Let stand until gelatine is ready to set. Pour into baked Crisco pastry-shell (see single-crust proportions in Master Recipe for Digestible Crisco pastry). Chill in refrigerator. Before serving, cover with sweetened whipped cream.

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BRIDGE LUNCHEON

HERE it is—a delicious and easy-to-prepare menu for the first bridge club meeting this fall:

- | | |
|-------------------------------------|-----------------|
| CONSOMME | CHEESE CRACKERS |
| TOMATO STUFFED WITH CREAMED CHICKEN | |
| SARATOGA CHIPS | |
| CELERY | RIPE OLIVES |
| HOT FINGER ROLLS | |
| ICE CREAM IN MERINGUE BASKETS | |
| COFFEE | |

Tomato Stuffed with Creamed Chicken

PEEL 6 medium-sized tomatoes and cut off the stem ends. Scoop out the insides, sprinkle lightly with salt, and turn upside down to drain. When drained place the tomatoes in a moderate oven (350 degrees F.) until they are heated through. Remove from the oven, fill with well-seasoned creamed chicken, and serve.

MAGIC LEMON MERINGUE PIE

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| 1½ cups (1 can) Eagle Brand Sweetened Condensed Milk | 2 eggs |
| ¾ cup lemon juice | 2 tablespoons granulated sugar |
| Grated rind of 1 lemon or ¼ teaspoon lemon extract | Baked pie shell (8-inch) |

Blend together Eagle Brand Sweetened Condensed Milk, lemon juice, grated lemon rind and egg yolks. (It thickens just as though you were cooking it, to a glorious creamy smoothness!) Pour into baked pie shell or Unbaked Crumb Crust (See FREE cook book). Cover with meringue made by beating egg whites until stiff and adding sugar. Bake until brown in a moderate oven (350° F.). Chill before serving.

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ARTFUL TARTFULS

digestible Crisco is the secret of this flaky pastry

DIGESTIBLE MOCK PUFF PASTRY:

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| 1½ cups flour | ¼ cup Crisco |
| ¾ teaspoon salt | 5 tablespoons ice-water |

Sift flour and salt. Cut in ¼ cup Crisco very coarsely. (Always use the sweet vegetable shortening—it's digestible!) Add only enough water to hold ingredients together. Roll out on lightly floured board to ¼ inch thickness. Spread evenly with Crisco. Fold two edges till they meet in center—bring two opposite edges to meet in center, too. Roll out again. Repeat this process until Crisco is used up (about 3 times in all). Chill pastry ice-cold. Then roll out ¼ inch thick and cut into circles 3 inches across. Bake in hot oven (450° F.) 10 minutes. When cool, put 2 rounds together with fresh raspberries (or diced fruit) and custard filling.

Custard—Heat 1½ cups milk in double boiler. Mix ¾ cup sugar, 2 tablespoons flour, 1 tablespoon cornstarch, ½ teaspoon salt. Add slowly to milk, stirring constantly. Stir and cook until custard thickens. Stir in 2 beaten egg yolks. Cook 1 minute longer. Remove from heat, add 1 teaspoon vanilla. Cool.

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College Merchandise.



ARCADY PIE blackberries and pineapple were made for each other!

- | | |
|--|-------------------------|
| 2 cups ripe blackberries or dewberries | ¾ cup sugar |
| 1¼ cups pineapple, cubed | 2 tablespoons flour |
| | 2 teaspoons lemon juice |

Wash and stem berries. Mix with drained pineapple. Mix sugar, flour. Add to fruit. Add lemon juice. Line pie plate with Digestible

Crisco Pastry (see double-crust proportions in Master Recipe). Brush bottom with melted Crisco to prevent soginess. Fill with fruit. Cover top with pastry. Slash top to let steam escape. Bake in hot oven (450° F.) 10 minutes, then lower to moderate (350° F.) and bake 20 minutes longer.

DIGESTIBLE CRISCO PASTRY (Master Recipe)

(use this recipe to make all your favorite pies digestible!)

DOUBLE-CRUST: 2 cups flour, 1 teaspoon salt, ¾ cup Crisco, 6 to 8 tablespoons water.

SINGLE-CRUST: 1½ cups flour, ½ teaspoon salt, ½ cup Crisco, 4 to 6 tablespoons water.

Crumbly Crisco Crust—Sift flour and salt. Do not chill Crisco, the digestible vegetable shortening. Cut in Crisco finely. Add just enough cold water to hold mixture together.

Flaky Crisco Crust—Sift flour and salt. Chill

Crisco, the sweet digestible shortening. Cut Crisco coarsely. Add ice-cold water, just enough to hold mixture together.

From here on, the method is the same. Roll pastry ¼ inch thick on lightly floured board. For baked shell, cover invert plate. Prick bottom and sides. Bake oven (450° F.) 15 minutes. For two-crust bake 10 minutes in hot oven (450° F.) reduce to moderate (350° F.). Filling is done.

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Flower Salad

- 2 Cupfuls of Cold Boiled Rice
1 Cupful of Seeded Raisins
2 Oranges
1/4 Cupful of French Dressing
1/2 Cupful of Mayonnaise
Lettuce and Paprika

WASH, dry, and marinate the raisins in the French dressing. Mix the rice with well-seasoned mayonnaise; line a salad plate with the lettuce; put the raisins in the center and the rice around the raisins. Place the orange sections around the rice. Dust with paprika.

Raisin, Chestnut and Apple Salad

- 1 Cupful of Seeded Raisins
2 Cupfuls of Cold Boiled Chestnuts
2 Cupfuls of Apple
1/2 Cupful of French Dressing
1/2 Cupful of Malaga Grapes
Shredded Lettuce

COVER the raisins with half of the French dressing. Let stand for one hour. Mix the chestnuts, peeled, and the apples with the rest of the French dressing. Mix well, and place on lettuce. Garnish with grapes cut in halves and the seeds removed. Dust with paprika.

Christmas Nut Salad

- 1 Cupful of Boiled Chestnuts
1 Cupful of Finely Cut Celery
1 Cupful of Finely Cut Apples
1 Red Apple
Shredded or Whole Lettuce Leaves

PEEL and slice the boiled chestnuts; mix with the apple, celery and dressing. Place on shredded lettuce and garnish with pieces of a bright red apple that has been polished and cut into eighths. Put the skin side up when decorating. If there is no lettuce use celery tops.

Christmas Fruit Salad

- 1 Can of Sliced Pineapple
1 Canned Pimiento
Shredded or Whole Lettuce Leaves
6 Canned Cherries
1/2 Cupful of French Dressing

COVER a salad bowl or individual plates with the lettuce; place the pineapple upon this and decorate each slice with five strips of pimiento, forming a star, in the center put a cherry. Serve with French dressing. When there are no cherries take seasoned cream cheese, roll it into a ball, dust it with paprika.

A Left-Over Salad

- 1 Cupful of Poultry Pickings
1/2 Cupful of Finely Cut Celery
1/2 Cupful of Mayonnaise
Olives, Beets or Pickles
Lettuce

TO EACH cupful of turkey, goose, duck or chicken pickings put through a coarse food chopper add the celery and the mayonnaise; mix well; put into custard cups and set in a cool place. After two or three hours loosen and turn out on shredded lettuce. Garnish with stuffed olives cut into rings, or with beets or pickles.

A Holiday Supper Salad

- 2 Canned Pimientos
2 Cupfuls of Finely Cut Celery
2 Cupfuls of Cold Boiled Rice
1 Cupful of Salad Dressing
1 Hard Boiled Egg
6 Stuffed Olives
Lettuce

MIX the celery, rice, two tablespoonfuls of chopped pimiento and half of the dressing together. Line a shallow bowl with the lettuce, cover with the mixture, and decorate with pimiento, olives and egg cut into slices. Garnish the edges with celery tops.

Christmas Vegetable Salad

- 1 Large Red Beet, Boiled
4 Cupfuls of Shredded Lettuce or Cabbage
1/2 Cupful of Mayonnaise Dressing
1/2 Cupful of French Dressing

THE red beet is cut into quarter inch slices; then cut into stars and placed upon the shredded lettuce. On each put a little mayonnaise, and on top of the mayonnaise a tiny star. Serve with French dressing. Tomato aspic can be made, put on a platter to harden, cut with a star cutter and served on lettuce.

Fruit and Vegetable Pudding

- 1 Cupful of Suet
1 Cupful of Sugar
2 Cupfuls of Chopped Raisins
2 Cupfuls of Flour
2 Cupfuls of Grated Raw Carrots
2 Teaspoonfuls of Baking Powder
1 Teaspoonful of Cinnamon
1/2 Teaspoonful of Nutmeg

MIX in the order given; add enough cold water to make the mixture like stiff bread dough. This will fill one large mold or two small molds. Place in hot water and boil for four hours. Serve with hard or liquid sauce.

Pickles and Relishes

Mangoes

THE term "mangoes" is used differently in many parts of the country, but in reality it includes all sorts of stuffed, pickled vegetables, as cucumbers, large green tomatoes, sweet green peppers, and small green watermelons, or green cantaloupes that would otherwise be trusted. If cucumbers are used, they should be short and stubby. The tomatoes should be just turning ripe and the melons about the same size as the tomatoes. Tomatoes should not be peeled, but slices cut from the stem ends and the pulp scooped out. The cucumbers should be pared, the tops cut off, and the seeds removed.

The stem ends of peppers should be cut off to form lids and the seeds removed, and the melons should have thin sections removed and the pulp taken out.

Whatever the kind of mangoes being prepared, these shells should be soaked overnight in brine made of a cupful of salt dissolved in two quarts of water. In the meantime the stuffing may be prepared ready for use the next day. It is impossible to give the exact amount needed, as that varies with the size of the vegetable cavities, but, roughly, the following proportions are ample to stuff two dozen medium-sized green peppers and other vegetables of comparable size:

- 4 Qts. Finely Chopped 1 Tablespoonful Cabbage
2 Qts. Finely Chopped 1 Tablespoonful Celery
3 Cupfuls Chopped Onions
1 Tablespoonful 3 Tablespoonfuls Mustard
Ground Cloves

MIX, cover, and let stand overnight; then fill the hollowed vegetables, replace the tops, fastening them with twine or toothpicks, cover with moderately strong cold vinegar and let stand overnight. The next day simmer for half-an-hour in the vinegar. Remove, put in a stone crock and cover with fresh, cold vinegar.

This completes the process for tomato and pepper mangoes. In making melon and cucumber mangoes, pour off this vinegar after it has stood twenty-four hours on the mangoes, measure it, add 1/2 cupful of sugar to each quart and pour scalding hot over the mangoes. Repeat this process for three or four mornings.

Uncooked Cucumber and Onion Chow-chow

- 3 Pts. Chopped Onions
3 Qts. Chopped Seeded Cucumbers
2 1/2 Cupfuls Chopped Red and Green Peppers
Mild Vinegar
2 1/2 Tablespoonfuls Salt

COMBINE the vegetables, add the pepper and celery-seed, and sprinkle on the salt. Cover and let stand overnight where it is cool. Then cover with vinegar and store in a crock. Let stand at least a week before using.

Sweet, Ripe, Cucumber Pickle

- 1/2 Peck Ripe Cucumbers
1 Pt. Strong Vinegar
2 Tablespoonfuls Whole Cloves
4 Cupfuls Sugar
2 Tablespoonfuls Cinnamon Sticks
2 Tablespoonfuls Allspice

PEEL and halve the cucumbers and remove the seeds. Cut in narrow strips about four inches long. Soak in a brine, overnight, made up of 1/4 cupful of salt to 1 quart cold water. In the morning add the spices, sugar, and vinegar and cook gently until the cucumber is soft. Can while hot in sterilized jars.

Sour Green Pickle

- 1/2 Peck Each Green Cucumbers and Green Tomatoes
2 1/2 Tablespoonfuls Whole Cloves
4 Sweet Red Peppers
1/2 Pint Grated Horse-radish
1 Cupful Salt
Weak Vinegar

WASH the vegetables, slice them and pack in alternating layers in a stone jar, sprinkling in the salt. Cover with cold water, let stand overnight and in the morning drain, scald the brine, pour it over the vegetables and let stand overnight again. Then discard the brine and cover the pickle with scalded vinegar, the spices, and horseradish. Store in sterilized jars.

Sweet Pickled Vegetables

COOKED Brussels sprouts, cauliflower flowerets, string-beans, shredded carrots, or sliced beets, or a combination of these vegetables, excepting the beets, may be used in this pickle. Pack the vegetables separately or in combination into glass jars. Fill the jars with spiced vinegar made by boiling together for twenty minutes, 3 cupfuls moderately strong vinegar, 1 cupful sugar, 1 bay-leaf, 3/4 teaspoonful whole cloves, a bit of stick cinnamon, and the grated rind of 1/4 lemon. Add the rubbers and caps and sterilize fifteen minutes in the hot-water bath. For a full description of the hot-water bath process see the July Housewives Forum.

Chilli Sauce

- 1/4 Peck Ripe Tomatoes
8 Sweet Green Peppers
5 Grated Onions
1/2 Cupful Mustard
1/2 Cupful Brown Sugar
2 Cupfuls Celery-seed
2 Cupfuls Vinegar

BLANCH the tomatoes, removing the blossom ends and skin; chop them fine. Combine with the onions and peppers, which should also be chopped, add all the other ingredients, and cook slowly, stirring occasionally, for an hour and a half, or until thick. Pour into jars, adjust the rubbers and caps, and sterilize thirty minutes in the hot-water bath.

Corn and Bean Relish

- 5 Cupfuls Corn from the Cob
1 Qt. Shelled Cranberry Beans
2 1/2 Cupfuls Diced Celery
2 Cupfuls Finely Shredded Cabbage
3 Onions Chopped
3 Sweet Green or Red Peppers
2 Qts. Vinegar
2 Cupfuls Sugar
1 Cupful Flour
1/2 Cupful Salt
1 Teaspoonful Mustard
1/2 Teaspoonful Cayenne
1 Teaspoonful Turmeric (Optional)

POUR half the vinegar over the prepared vegetables. Combine the balance with the remaining ingredients, add to the first mixture, bring to boiling point, and cook gently until the beans are soft. Fill into jars, adjust the rubbers and caps, and sterilize an hour in the hot-water bath.

Fruit Butters

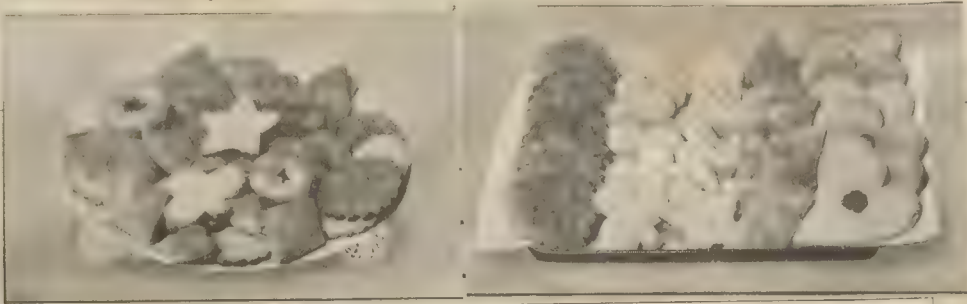
FRUIT butters, jams, and marmalades, as well as jellies, may be used on bread as a substitute for plain butter. They will supply the necessary amount of energy, but at the same time they furnish no reserve force. Because of this the substitution should be made only in meals containing fat in some form.

JOBGING BUSINESS.

Sell merchandise cards 41, 42, 43, and 44, to C. C. Scott, on account, less 3%. Debit C. C. Scott, and credit Mdse. Itemize this sale.

Buy the following merchandise of J. M. Dunn for your note on demand, one day after date, without interest. Make the entry affecting Mdse. and Bills Payable.

M



Pop-Corn Cookies

- Whites of 2 Eggs
- 2 Tablespoonfuls of Melted Butter
- 1 Cupful of Pop Corn
- 1/2 Cupful of Pulverized Sugar
- 1/4 Teaspoonful of Salt
- 1 Teaspoonful of Vanilla

FIRST beat the whites, adding sugar slowly; add the pop corn, finely chopped and mixed with butter, salt and flavoring. Drop with a teaspoon on a buttered bake sheet one inch apart. Spread with a spatula that has been dipped in cold water. Bake in a moderate oven for from twenty-five to thirty minutes.

Oatmeal Cookies

- 2 Eggs
- 1/2 Cupful of Pulverized Sugar
- 1/2 Cupful of Rich Milk
- 1 Cupful of Oatmeal
- 1 Teaspoonful of Salt
- 3 Cupfuls of Flour
- 3 Teaspoonfuls of Baking Powder

BEAT the eggs until light; add the sugar, milk, salt and oatmeal. Sift the flour and baking powder together; add to the mixture until it is thick enough to roll. Roll a quarter of an inch thick, and cut with a fancy cutter. A few chopped nuts or raisins may be added.

Terms:

20

4

5

15

No.

Spice Cookies

- 1/2 Cupful of Shortening
- 1 Cupful of Brown Sugar
- 1 Cupful of New Orleans Molasses
- 2 Teaspoonfuls of Soda
- 1 Teaspoonful of Cinnamon, Cloves, Nutmeg, Ginger and Salt
- 4 Cupfuls of Flour

MIX the molasses, sugar and shortening until smooth; add the spices, and baking soda dissolved in a quarter of a cupful of boiling water. Sift the flour; add one cupful at a time. Roll out on a floured board and cut. Bake on floured sheet for ten minutes in hot oven.

Aniseed Cookies

- 1/2 Cupful of Shortening
- 1 Cupful of Sugar
- 2 Eggs
- 2 Tablespoonfuls of Milk
- 4 Tablespoonfuls of Aniseed
- 5 Teaspoonfuls of Baking Powder
- 3 or 4 Cupfuls of Flour

CREAM the shortening and sugar; add beaten eggs; add the milk by the teaspoonful, beating constantly; add the cleaned and sifted aniseed; add flour with the baking powder; roll out and cut in fancy shapes. Put in a hot oven for ten minutes.

Cocoa Cookies

- 1/2 Cupful of Shortening
- 1 Cupful of Sugar
- 2 Eggs
- 1 Cupful of Milk
- 1/2 Cupful of Cocoa
- 4 Teaspoonfuls of Baking Powder
- 4 Cupfuls of Flour

CREAM the sugar and the shortening together; add the milk slowly, then the eggs well beaten and the cocoa; sift the flour and baking powder together and add to make a stiff dough. Roll out a quarter of an inch thick and cut. Bake in a hot oven for from twelve to fifteen minutes. Decorate with white icing.

Gingersnaps

- 1 Cupful of Shortening
- 1 Cupful of Molasses
- 1 Cupful of Brown Sugar
- 2 Teaspoonfuls of Salt
- 2 Teaspoonfuls of Ground Ginger
- Flour

MIX the shortening, sugar and salt together; add the molasses, which has been heated, the ginger, and flour enough to make a stiff dough. Roll out very thin and cut with a fancy cutter. Place on a floured baking sheet and bake for from eight to ten minutes in a moderate oven. No baking powder or baking soda is used.

Business College Merchandise.

45 Jobbing Business
20 Brls. Salt @ \$3

Pay note No. 5

Nut Rings and Bars

- 1 Cupful of Butter
- 2 Cupfuls of Sugar
- 1/2 Cupful of Milk
- 4 Eggs
- 4 Cupfuls of Flour
- 6 Teaspoonfuls of Baking Powder
- 1 Teaspoonful of Salt
- 1 Cupful of Chopped Blanched Almonds

TO THE butter and sugar add three unbeaten eggs, one at a time. Beat all for ten minutes; add the milk slowly. Add the flour, a little at a time; roll very thin. Cut rings with a cruller cutter, and brush with egg; sprinkle with nuts. Bake for fifteen minutes.

Chocolate Bars

- 1/2 Cupful of Shortening
- 2 Cupfuls of Sugar
- 1/2 Cupful of Milk
- 3 Eggs
- 1 Cupful of Chocolate
- 1 Teaspoonful of Cream of Tartar
- 4 Tablespoonfuls of Chopped Nuts
- 3 Cupfuls of Flour

ADD the milk to the sugar and shortening; and two eggs well beaten. Melt the chocolate over hot water, and add. Sift the cream of tartar with part of flour, and add; add more flour. Roll out. Cut into strips, brush with egg and sprinkle with nuts. Bake in a hot oven.

Chocolate Wafers

- 4 Tablespoonfuls of Shortening
- 1 Cupful of Sugar
- 4 Tablespoonfuls of Melted Chocolate
- A Pinch of Salt
- 1/2 Cupful of Milk
- 2 Cupfuls of Flour
- 4 Teaspoonfuls of Baking Powder

CREAM the shortening and sugar; add the chocolate, which has been melted over hot water, the salt and the milk. Sift the flour and baking powder in, a little at a time. Roll out thin and cut. Bake in a quick oven for from ten to twelve minutes.

Nut Wafers

- 3 Tablespoonfuls of Butter
- 5 Tablespoonfuls of Pulverized Sugar
- 3 Tablespoonfuls of Milk
- 9 Tablespoonfuls of Flour
- 1 Tablespoonful of Chopped Nuts
- 1/4 Teaspoonful of Vanilla Extract

ADD the milk, drop by drop, to creamed sugar and butter, stirring constantly, then the flour. Brush pan with butter, drop by spoonfuls and sprinkle with nuts; dust with cinnamon; bake in a slow oven until browned.

Small Holly Cakes

- 1 Cupful of Shortening
- 2 Cupfuls of Pulverized Sugar
- 4 Eggs
- 1 Cupful of Milk
- 3 Cupfuls of Flour
- 4 Teaspoonfuls of Baking Powder
- 1 Teaspoonful of Salt
- 2 Teaspoonfuls of Grated Lemon or Orange Peel

CREAM the shortening and sugar together; separate the eggs, beat the yolks until light, and add; then add the milk slowly. Sift the flour, baking powder and salt together; add half, then half of the stiffly beaten whites of eggs, the lemon rind, the rest of the whites and the flour; mix well.

Brush iron gem pans with butter; put a scant tablespoonful in each. Bake in a moderate oven for fifteen minutes.

When baked cover the bottom with icing, made according to the recipe on the right, and decorate with two small green leaves cut from slices of citron. Use four red candies to represent holly berries.

Decorations for Holly Cakes

- 4 Ounces of Citron
- 1/4 Pound of Small Red Cinnamon Candies
- 4 Tablespoonfuls of Cocoa
- 4 Tablespoonfuls of Boiling Water
- 8 Tablespoonfuls of xxxxx Sugar
- A Pinch of Salt

MIX the cocoa with the boiling water; add the sugar and salt; mix until smooth and creamy; spread on the bottom of the cakes.

Holiday Crullers

- 1/4 Cupful of Butter
- 1 Cupful of Sugar
- 2 Eggs
- 4 Cupfuls of Flour
- 4 Teaspoonfuls of Baking Powder
- 1/4 Cupful of Milk

CREAM the butter; add sugar and yolks and whites of eggs, beaten stiff; mix flour, nutmeg and baking powder; add alternately with the milk. Roll a quarter of an inch thick; cut and fry in deep hot oil.

Received

One Hundred

In payment

\$170 10

Sell merchandise
Itemize the sale.

Sell merchandise cards 47 to 48 to C. C. Scott, on account, less 3%. Make a Journal entry and itemize the sale. Pay note No. 6 by giving J. M. Dunn your check.



Peanut Cookies

- | | |
|--------------------------|---------------------------------|
| 1½ Cupful of Shortening | ½ Cupful of Chopped |
| 1 Cupful of Sugar | Peanuts |
| 1 Egg | 3 Cupfuls of Flour |
| 2 Tablespoonfuls of Milk | 6 Teaspoonfuls of Baking Powder |

RUB the sugar and shortening together; add the milk, the egg well beaten, and the flour sifted with the baking powder. The dough must be stiff enough to roll out a quarter of an inch thick. Sprinkle with peanuts, and bake in hot oven for from ten to twelve minutes.

Eggless Fig Cookies

- | | |
|------------------------|---------------------------------|
| 1 Cupful of Sugar | 6 Teaspoonfuls of Baking Powder |
| ½ Cupful of Shortening | 1 Teaspoonful of Nutmeg |
| 1 Cupful of Figs | 1 Teaspoonful of Salt |
| ½ Cupful of Milk | Flour Enough to Roll |

CREAM the sugar, shortening and the figs, which have been put through a food chopper; add the milk slowly, then the nutmeg and salt; sift baking powder and flour and add. Roll a quarter of an inch thick; cut and bake in a hot oven for from twelve to fifteen minutes.

Sour-Milk Sugar Cookies

- | | |
|-------------------------------|-----------------------|
| ½ Cupful of Shortening | 1 Teaspoonful of Soda |
| 1 Cupful of Sugar | 2 Eggs |
| 4 Tablespoonfuls of Sour Milk | Flavoring to Taste |
| | 4 Cupfuls of Flour |

CREAM the sugar and shortening; add the eggs well beaten, the milk, and the soda dissolved in one tablespoonful of hot water; add the flavoring and sifted flour; roll out a quarter of an inch thick; sprinkle the top with sugar, and press a raisin in the center of each. Bake in a hot oven for from ten to twelve minutes.

Soft Molasses Cookies

- | | |
|----------------------------------|------------------------|
| ½ Cupful of Shortening | 2 Teaspoonfuls of Soda |
| 1 Cupful of New Orleans Molasses | 1 Teaspoonful of Salt |
| 1 Cupful of Brown Sugar | Flour Enough to Roll |
| | Flavoring to Taste |

PUT the shortening, molasses and brown sugar in a bowl; rub until smooth; add the soda, dissolved in a quarter of a cupful of boiling water; add the salt, and flavoring to taste. Mix well; add the sifted flour; roll out, bake in a hot oven for from twelve to fifteen minutes.

Molasses Coconut Cookies

- | | |
|-------------------------|----------------------------|
| 1 Cupful of Brown Sugar | 3 Cupfuls of Flour |
| 1 Cupful of Molasses | 2 Teaspoonfuls of Cinnamon |
| ½ Cupful of Shortening | 1 Teaspoonful of Salt |
| 2 Teaspoonfuls of Soda | 2 Teaspoonfuls of Nutmeg |
| 1 Cupful of Coconut | |

TO THE sugar, molasses and shortening add the baking soda dissolved in boiling water; add the spices, salt and flour. Roll, cover with coconut and roll again. Bake in strips in a hot oven for from eight to ten minutes.

Grandmother's Sugar Cookies

- | | |
|------------------------------|----------------------------------|
| ½ Cupful of Butter | 1 Teaspoonful of Soda |
| 1 Cupful of Sugar | 1 Teaspoonful of Cream of Tartar |
| 1 Egg | ½ Cupful of Raisins |
| 4 Tablespoonfuls of Hot Milk | 4 Cupfuls of Flour |

CREAM the butter with sugar; add the egg well beaten, and the soda dissolved in the milk. Sift the cream of tartar with the flour. Roll and sprinkle with sugar. Dip a raisin in milk, and press it into the center. Bake in a moderate oven for from twelve to fifteen minutes.

Sand Tarts

- | | |
|--------------------------|---------------------------------|
| ¼ Cupful of Shortening | 4 Teaspoonfuls of Baking Powder |
| 1 Cupful of Sugar | 3 or 4 Cupfuls of Flour |
| 3 Eggs | ¼ Cupful of Pecans |
| 3 Tablespoonfuls of Milk | 2 Teaspoonfuls of Cinnamon |

CREAM the shortening and sugar; add the eggs and milk. Sift two cupfuls of flour and the baking powder. Roll out very thin, dust with the sugar, cinnamon and nuts. Bake fifteen to eighteen minutes.

Christmas Stars

- | | |
|------------------------|---------------------------------|
| ¼ Cupful of Shortening | 4 Teaspoonfuls of Baking Powder |
| 1½ Cupfuls of Sugar | 1 Cupful of Coconut Flour |
| 4 Eggs | |

CREAM the shortening and sugar together; add the eggs well beaten and half the coconut. Sift three cupfuls of flour with baking powder; add and roll out a quarter of an inch thick; cut with a star cutter. Brush the top with a little well-beaten egg; sprinkle with coconut. Bake in a moderate oven for fifteen minutes.

Small White Cakes

- | | |
|------------------------------|-----------------------------------|
| 1 Egg Whites | ½ Teaspoonful of Cream of Tartar |
| ¼ Cupful of Pulverized Sugar | ½ Teaspoonful of Almond Flavoring |
| ½ Cupful of Flour | |

BEAT the egg whites until stiff; add the sugar, and beat for two minutes. Add the cream of tartar and the flour, which has been sifted twice. Brush iron gem pans with butter; fill three-quarters full; dust with pulverized sugar. Bake in a moderate oven for from twenty to twenty-five minutes.

Small Gold Cakes

- | | |
|--------------------------------|---------------------------------|
| 2 Cupfuls of Sugar | Yolks of 5 Eggs |
| 4 Tablespoonfuls of Shortening | 1½ Cupfuls of Flour |
| 2 Tablespoonfuls of Milk | 2 Teaspoonfuls of Baking Powder |
| | A Few Grains of Salt |

CREAM the sugar and butter; add the yolks of eggs well beaten; add the milk, the sifted flour and baking powder and the salt. Brush iron gem pans with butter and put a tablespoonful in each. Bake in a hot oven for from twelve to fifteen minutes. Dust with pulverized sugar.

Sticky Cinnamon Buns

- | | |
|------------------------------|----------------------------|
| 1 Quart of Raised Dough | 1 Cupful of Brown Sugar |
| ½ Cupful of Granulated Sugar | 2 Teaspoonfuls of Cinnamon |
| 2 Well-Beaten Eggs | ½ Cupful of Currants |
| ¼ Cupful of Soft Butter | ½ Cupful of Seeded Raisins |

ADD the granulated sugar, eggs and half the butter to the dough; knead and roll out half an inch thick. Brush with butter; sprinkle with half the brown sugar, the cinnamon, currants and raisins.

Roll the dough the same as for jelly roll; cut into 2½-inch pieces. Brush a deep, heavy pan with butter, and cover thinly with brown sugar; set the buns in so as not to touch. Set to rise as bread until light.

Place in a moderate oven for from forty-five to fifty minutes. The buns should be five inches

high when baked. Take them from the pan as soon as removed from oven.

It is very important not to have too hot an oven. Place an asbestos mat under the baking pan if the oven is too hot.

Raised Dough for Buns

- | | |
|--------------------------------------|------------------------------|
| 1 Cupful of Milk, Scalded and Cooled | 1 Yeast Cake |
| 1 Cupful of Lukewarm Water | 1 Teaspoonful of Salt |
| 1 Tablespoonful of Sugar | 4 Teaspoonfuls of Shortening |
| | 6 Cupfuls of Sifted Flour |

DISSOLVE the yeast cake and sugar in the lukewarm water; add the milk, in which the shortening has been melted, the flour and the salt. Mix well and set to rise; it will double in quantity, taking about three hours; more flour will be needed. Put in pans, let rise double in bulk and bake.

This dough can be used as the basis for many kinds of fancy breads and buns.

Chocolate Soufflé

- 3 Squares of unsweetened chocolate
- 4½ Tablespoonfuls of sugar
- ¾ Cupful of milk
- 3 Tablespoonfuls of flour
- 1 Tablespoonful of butter
- 3 Egg yolks
- 3 Egg whites

Cut the chocolate into small pieces and put with the sugar and milk into the top part of a double boiler. Place over boiling water until the chocolate is melted and the mixture well mixed and thoroughly heated. Mix the flour to a paste with a little cold milk and add gradually to the hot mixture. Cook for two minutes stirring constantly, add the butter and when melted, pour the hot mixture gradually over the beaten egg yolks. When thoroughly combined, fold in the stiffly beaten egg whites. Turn into a baking dish, set in a pan of hot water and bake in a slow oven—300 to 325 degrees Fahrenheit—for thirty to forty-five minutes. Test by inserting a knife in the centre; if it comes out clean, the soufflé is cooked. It must be served immediately or it will fall. Serve with:

Marshmallow Sauce

- ½ Cupful of sugar
- ¼ Cupful of water
- 8 Marshmallows
- 1 Egg white
- Drop or two of peppermint flavoring (if desired)

Boil the sugar and water to a thin syrup not thick enough to spin a thread—and add the marshmallows cut in small pieces. Let stand for two minutes, pressing the marshmallows into the syrup, using the back of a spoon. Pour this mixture gradually on to the egg white, which has been beaten until stiff but not dry. Continue beating until the mixture is cool, then add the flavoring.

French Cream Cake

- 3 Egg yolks
- 1 Cupful of fine granulated sugar
- 1 Tablespoonful of boiling water
- 1½ Cupfuls of sifted pastry or cake flour
- ⅛ Teaspoonful of salt
- 1 Teaspoonful of cream of tartar
- ½ Teaspoonful of baking soda
- 3 Egg whites
- 1 Teaspoonful of vanilla

Beat the egg yolks until thick and light colored. Add the sugar gradually, while still beating and add the boiling water. Measure the sifted flour and sift again with the salt, cream of tartar and baking soda. Add to the egg yolk mixture and when thoroughly combined, fold in the egg whites which have been beaten until stiff but not dry. Add the flavoring and turn into two ungreased layer cake tins. Bake in a slow oven—275 to 325 degrees Fahr.—for forty-five to sixty minutes. Put the layers together with flavored whipped cream and dust the top of the cake lightly with confectioner's sugar.

Eggs Juneau

- Grated bread crumbs
- Grated hard cheese
- Salt and paprika
- 4 Eggs
- 1½ Tablespoonfuls of butter
- 1½ Tablespoonfuls of flour
- ½ Cupful of canned bouillon or consommé

Combine grated bread crumbs and grated hard cheese in equal proportions and season with salt and paprika. Sprinkle the bottom of a flat, buttered baking dish with the mixture and place in the dish the four eggs which have been nicely poached in salted water. Make a brown sauce by melting the butter, blending in the flour and gradually adding the consommé or bouillon. When the mixture is thick and smooth, pour over the eggs in the dish and sprinkle the top with more of the crumb and cheese mixture. Place in a hot oven until the cheese is melted and the crumbs lightly browned. Four servings.

Baked Eggs in Tomato

- 2 Cupfuls of soft bread crumbs
- 1 Cupful of canned tomatoes
- 6 Eggs
- 2 Tablespoonfuls of butter
- ½ Teaspoonful of salt
- Pepper and paprika

Put one cupful of the soft bread crumbs in the bottom of a lightly greased baking dish, add the canned tomatoes and mix well. Break the eggs whole into the dish. Add the melted butter to the remaining bread crumbs, season with salt, pepper and paprika and sprinkle over the eggs. Bake in a slow oven—275 degrees Fahr.—for fifteen to twenty minutes or until the eggs are set. Six servings.

A Tasty Sandwich Filling

- 4 Hard-cooked eggs
- 3 Tablespoonfuls of mayonnaise
- 1 Bunch or more of fresh watercress

Mash the hard-cooked eggs and combine with the mayonnaise. Chop the watercress and combine with the egg mixture. Spread this mixture thickly between slices of buttered bread.

Salad Dressing (using yolks only)

- 4 Egg yolks
- ¼ Cupful of vinegar
- 1 Cupful of sour cream
- ½ Tablespoonful of sugar
- ½ Teaspoonful of salt
- ¼ Teaspoonful of dry mustard
- ½ Teaspoonful of paprika

Beat the egg yolks, add the other ingredients and mix thoroughly. Place over hot water and cook, stirring constantly until the mixture is smooth and thick.

Meringues (using whites only)

- 4 Egg whites
- 1 Cupful of fine granulated or fruit sugar
- ½ Teaspoonful of vanilla
- Pinch of salt

Beat the egg whites until stiff but not dry, adding the salt. Add the sugar gradually, beating during the addition until about three-quarters of a cupful of sugar has been added. Beat until the mixture will hold its shape. Add the flavoring and fold in the rest of the sugar. Dampen a bread board or other kitchen board and cover with white paper. Drop the meringue mixture by large spoonfuls or shape with a pastry tube on the white paper and bake in a very slow oven—275 degrees Fahr.—until firm and delicately browned (one to one and one-quarter hours). Remove from the paper, invert and place in the oven again to dry. If desired, some of the soft centre may be removed before returning to the oven to dry and the shells may afterward be filled with whipped cream or ice cream.

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Turkey Accompaniments for the Turkey Dinner. The Turkeys Around the Cake Contain Snappers and Favors

The Thanksgiving Dinner This Year

Grandmother's Thanksgiving Dinner

The Dishes She Had in the Civil War That are Just as Good To-Day

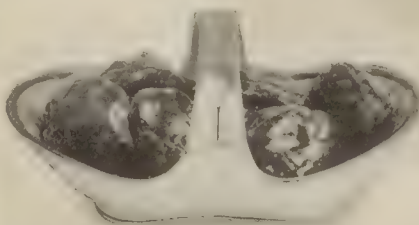


THANKSGIVING DAY back in '64 found many of our Southern gentlewomen endeavoring to concoct dinners for those at home without turkey, ham or chicken, no raisins, citron or white sugar for the fruit cake, no eggs or milk for the pumpkin pies, very little white flour, less coffee, salt pork instead of bacon; but with plenty of nuts and persimmons for the picking, rabbits and squirrels for the snaring, dried corn to be ground as needed, brown sugar and molasses in limited quantity, and cherished small stores of sun-dried cherries, apples and peaches rescued from the top branches of the orchards after the regiments had passed through. These dinners were successes too.

One of these old wartime menus reads:

- Potato Soup
- Rabbit Stew
- Boiled Hominy
- Stewed Cabbage
- Beet Root Pickle
- Buttermilk Corn Bread
- Apples Preserved in Cider
- Persimmon Pudding With Molasses Sauce
- Parched Rice Coffee With Brown Sugar

For the soup, put six cooked potatoes through a colander and return them to the water in which they were cooked together with a minced onion, pepper and salt to taste, and enough boiling water to make three pints in all. Add the finely cut top leaves of celery, and cook all until the onion is done; thicken with a tablespoonful of bacon fat which has been mixed with a tablespoonful of flour.



Apples Preserved in Cider

For the rabbit stew, put into the bottom of an iron pot a tablespoonful of pork drippings. Joint the rabbit; soak it for an hour in salt water; wipe dry and fry on both sides in the drippings until light brown; add two tablespoonfuls of flour, and brown darker. Add a quart of boiling water, salt and pepper to taste and, if desired, a bay leaf. Cover and simmer slowly for two hours. Add one tablespoonful of lemon juice or vinegar, stir in a tablespoonful of flour blended with one of bacon fat and cook until the gravy is thick.

Cook the large hominy until it is like pop corn; the cabbage, which is sliced, is put into a saucepan with only the water that clung to it after washing, then it is salted, peppered, a tablespoonful of drippings added, and cooked until it is tender. Then two tablespoonfuls of vinegar are added and the whole allowed to boil up once.

To preserve the apples in cider, boil down a half gallon of new cider to a quart, then put into the kettle as many pared, cored and quartered apples as the cider will cover and cook until tender; skim out and add more until several quarts are done. Pour the cider over the apples and set away to cool; the next day pour the cider off, cook it down until thick and again pour it over the apples. When cold incase each apple in a clear jelly.

Persimmon pudding requires a pint of pulp made by stewing the fruit with a little water and half a teaspoonful of baking soda until the pulp can be forced out through a sieve. Beat the pint of pulp with a cupful of brown sugar, a teaspoonful of powdered cinnamon and a quart of milk. Sift two teaspoonfuls of baking powder with three cupfuls of flour and add to the other ingredients. Stir well, then turn into a greased pudding dish and bake for an hour in a slow oven. Serve hot.

MOLASSES SAUCE. Cook two cupfuls of molasses with a tablespoonful of butter—grandmother used pork drippings—for five minutes, stir in a tablespoonful of vinegar or lemon juice and flavor with nutmeg.

The parched rice coffee is made by browning in an iron spider—that is, a skillet—well washed and dried rice. Allow two tablespoonfuls of rice to a pint of water. When brown but not scorched, grind and make as you do boiled coffee. Serve with brown sugar and boiled milk or cream. Corn or wheat may be prepared in the same way, or the two may be combined, making a really palatable coffee substitute.

Some Thanksgiving Vegetable Dishes



MOCK SAUSAGES. Soak half a cupful of lima beans in cold water overnight. Drain, and cook in boiling, salted water until soft; then force through a strainer; there should be three-quarters of a cupful of pulp. Add one-third of a cupful of rolled dried bread crumbs, three tablespoonfuls of heavy cream or butter, half a teaspoonful of sage, one egg slightly beaten, and salt and pepper to taste. Shape in the form of sausages, dip in crumbs, then in egg and crumbs, and fry in deep fat. Drain and serve.

PEA ROAST. Drain one cupful of canned peas, rinse with cold water, put into a saucepan, cover with cold water, bring to the boiling point and let boil for three minutes. Drain, and force through a purée strainer; there should be half a cupful of pulp. Mix three-quarters of a cupful of bread crumbs, the pea pulp, one tablespoonful of sugar, a quarter of a tablespoonful of English walnut meats, one egg slightly beaten, salt and pepper to taste, and three-quarters of a cupful of milk. Turn into a small bread pan lined with paraffin paper and let stand in a moderate oven for fifteen minutes.

PARSNIP FRITTERS. Wash and boil one dozen parsnips and, when tender, plunge them into cold water so the skins will slip off easily. Mash them and season with butter, salt and pepper. Shape them into small flat cakes. Roll them in flour and fry until brown. They may be dipped in molasses and then fried.

TURNIP CROQUETTES. Wash, pare and cut a dozen good-size turnips into quarters. Steam until tender, mash, and press out all the water. This is best accomplished by wringing in cheesecloth. Season them with salt and pepper, then add the yolks of two eggs, slightly beaten. When

cool, shape into small croquettes, dip in bread crumbs, then in egg and crumbs again. Fry in deep fat and drain.

POTATOES IN THE HALF SHELL. Wash, and bake six medium-size potatoes. When done, cut into halves lengthwise and, without breaking the skin, scoop out the potato into a hot bowl. Mash, and season with two tablespoonfuls of butter, two tablespoonfuls of hot milk and salt and pepper to taste. Beat the whites of three eggs until stiff and mix it with the potato. Fill the skins with the mixture, heaping it lightly on the top. Brown slightly.

CARROT TIMBALES. Wash and scrape the carrots. Cut into slices, lengthwise, so that there is enough to measure four cupfuls. Cook in two tablespoonfuls of butter for ten minutes, stirring constantly; cover with boiling water and cook until soft. Drain, and force through a strainer. Add two whole eggs and season with salt and pepper. Fill buttered timbale molds (garnished with hard-cooked egg, cut into fancy shapes) two-thirds full, then set the molds in a pan of hot water, cover with buttered paper and bake for fifteen minutes.

SWEET-POTATO BALLS. To two cupfuls of hot mashed sweet potatoes add three tablespoonfuls of butter, one egg, well beaten, and salt and pepper to taste. Shape into small balls, roll in flour, fry in deep fat, and drain.

CAULIFLOWER MOUSSELAINE. Drain a cooked cauliflower, separate into flowerets, and pour over it a sauce made in the following way: Mix together the slightly beaten yolks of two eggs, a quarter of a cupful of cream, half a teaspoonful of salt, an eighth of a teaspoonful of nutmeg and the juice of half a lemon. Stir constantly in a double boiler until the mixture thickens. Then add two tablespoonfuls of butter and, when melted, pour at once over the cauliflower.

MINT GLAZED CARROTS WITH PEAS. Scrape three medium-size carrots, cut into quarter-inch slices, then into strips or fancy shapes, using vegetable cutters. Boil in salted water for fifteen minutes, and drain. Put into a saucepan with half a cupful of butter, half a cupful of sugar and one tablespoonful of chopped fresh mint leaves. Cook slowly until soft and glazed. Drain, and rinse thoroughly one can of French peas. Cook for ten minutes in boiling water; drain, and season. Turn the peas out on a hot serving dish and surround with the carrots.

CANDIED SWEET POTATOES. Wash and cook six medium-size sweet potatoes in boiling salted water. Drain, and when cool peel, cut into halves, lengthwise; arrange in a buttered baking dish, sprinkling each layer with sugar, using one cupful in all. Pour over half a cupful of melted butter. Cook in a slow oven for two hours.

BRUSSELS SPROUTS WITH CHESTNUTS. Pick over one quart of Brussels sprouts, remove the wilted leaves, and soak in cold water, to which has been added an eighth of a teaspoonful of soda. Drain, and cook in boiling salted water until soft. Drain, and sauté in three tablespoonfuls of butter.

Remove the shells from the chestnuts and cook in boiling, salted water until soft; there should be one cupful. Cook a quarter of a cupful of butter with two teaspoonfuls of sugar until well browned. Add the chestnuts and cook until browned; then add the sprouts and a third of a cupful of brown stock; season with salt and pepper and serve.

NOTE—To help you with your Thanksgiving dinner, we have published a booklet, "Like Grandmother Used to Make," which contains recipes for many kinds of delicious dishes. Send your request, with 15 cents in coin or stamps, to the New Housekeeping Editor, THE LADIES' HOME JOURNAL, Independence Square, Philadelphia.

MRS. HENRIETTA NESBITT, who presides over the White House domain, evidently feels the tang of autumn in the air and the resultant pangs of hunger, because the luncheon recipe she sent me this week sounds decidedly hale and hearty. It's from South Carolina, she says.

W



HOPPING JOHN
2 cups fresh cowpeas
½ pound bacon
1½ cups rice
Salt and pepper

Set the bacon to boil in 2 quarts cold water. Let cook three quarters of an hour; add cowpeas and salt, and cook until

the peas are tender. Drain off the liquor and the bacon; set the peas to dry for a moment inside the oven, in a colander; then turn into a hot bowl and send to the table with bacon sliced on top.

to the: Dried cowpeas may be used if the fresh ones are not available, but with less satisfactory results. With this serve the rice, which has been boiled separately about 20 minutes, drained, and dried.

THIS week I'm reversing the order for a recipe! Instead of receiving a recipe from the White House, I'm sending one to Mrs. Nesbitt there. It's for Cheese Soufflé. I had it the other day at a friend's house, and I liked it so well I asked how to make it. It must be served the minute it's done, as it falls quickly.

CHEESE SOUFFLÉ

3 tablespoons butter 1 cup milk
3 tablespoons flour 3 eggs
Salt and pepper 1 cup ordinary yellow cheese

Make a white sauce of the butter, flour, milk, salt and pepper. When the sauce is smooth and boiling, add the cheese, cut in small pieces. Take off the stove and quickly stir in the egg yolks. Cool this mixture. If desired it may be made ahead of time and set in the ice box until you are ready to bake the soufflé. Now fold in the stiffly beaten egg whites. Pour in a greased baking dish and set in a pan of hot water. Bake in a moderate oven until the egg white is set (about 15 minutes).

HERE'S a dessert which my daughter likes when she's visiting the White House. I think it's a good supper dish, and, to complete the menu, I suggest a piece of bread and butter and a glass of milk or a cup of cocoa. That makes a well balanced light meal before bedtime.

SQUASH CUP CUSTARD

1 cup milk 1 cup squash (which has
¼ cup sugar been steamed and cut
1 egg through ricer)
Pinch each of cinnamon, ginger, nutmeg. Salt to taste.

Put all the above ingredients in a mixing bowl and beat well with a Dover egg beater. Pour into buttered cups. Place these in pan with about two inches of water in it. Bake in a slow oven until set. Cool and serve.

SPANISH RICE

1 medium-sized onion
1 sweet red pepper
4 cups of boiled rice
1 green pepper
12 thin slices of bacon
Salt and pepper

Cube bacon, peppers, and onion. First fry the bacon until dry but not brown.

Remove the bacon and drain off about half of the fat. In the remaining fat fry the peppers and the onion until tender but not brown.

Add bacon and rice and toss until thoroughly heated through. Season and set over a very low fire and cover until time for serving.

This may also be baked in a casserole, but I have found that the rice is apt to harden and crisp around the sides of the dish.

1 rounded tablespoon shortening
Pepper Level teaspoon salt

Sift together flour, baking powder, and salt and pepper. Rub in shortening. Add milk. Place meat and gravy in baking dish and spread the above dough quickly over top. Bake in hot oven until dough is browned—about 25 to 30 minutes.

NOTE: If there are left-over vegetables in the ice box, they may also be added to the meat and gravy.

Bought of BOSTON BROWN BREAD

2½ cups whole-wheat flour
1½ cups corn meal—yellow
½ cup white flour
1 teaspoon baking powder
1 cup molasses
1 teaspoon soda
1 teaspoon salt
1 cup cold water
1 cup boiling water
1 cup raisins, or more if desired

Mix all of the dry ingredients thoroughly. Then mix the cold water with the molasses.

Pour into flour mixture. Add boiling water.

Fill baking-powder cans that have been well greased ¾ full.

Steam for 2 hours. Then remove from cans to dry, or bake in cans with lids off for 20 minutes.

The bread may be served immediately upon removing from cans.

Business College Merchandise.

1 Wholesale Grocery.

20 Brls. Cracked Wheat @ \$8.

HERE is a White House recipe which has historical human interest. I am told that it was one of Andrew Jackson's favorites and that he was first served this dish on a visit in New Orleans.

GUMBO Z'HERBES (NEW ORLEANS)

1 handful spinach ½ bunch parsley
1 handful dandelion greens or 1 bunch new onions (top
half the tops of a bunch of and bottoms)
turnips or half the tops of a A few top leaves of celery
bunch of beets Outer leaves green cabbage
½ bunch of water cress 2 tablespoons flour
1 pod red pepper Any part of the carcass of
½ teaspoon thyme cold fowl or game
1 tablespoon bacon drippings Salt
1 tablespoon file powder 2 quarts cold water

Wash and chop coarsely the spinach, dandelion, water cress, turnip and beet greens, parsley, green onion tops, celery, and green cabbage, and put them in a pot with two quarts of cold water and a turkey wing or the carcass of a guinea fowl or what is left of day-before-yesterday's chicken. Boil gently for 1 hour, strain off the liquor and set it aside to be used later. Heat the bacon grease in a frying pan and add to it the sliced onions. Just before the onions begin to color add the greens from which the water has been strained. Fry all together for 3 minutes. Sift in 1 tablespoon flour, and when thoroughly mixed add to the greens liquor. Add seasonings. Cook all together for 1 hour. Stir in the remaining tablespoon flour mixed with a little cold water; let boil again. Remove whatever meat you have used and stir in 1 tablespoon file powder. Serve with a bowl of rice.

In this recipe it doesn't matter how much of these greens you use, or which you leave out. The red pepper must be there and the thyme and onion tops, but for every green I have mentioned another can be substituted.

LIBERTY FOR SEPTEMBER 2, 1931

I ALWAYS feel as if we never could get enough salad recipes, as they may be used on so many occasions. I was very glad to get this recipe from Mrs. Nesbitt the White House. She calls it "A Luncheon Salad," and it obviously would be equally popular for supper or late evening party. Here it is:

A LUNCHEON SALAD

2 cups boiled rice 1 cucumber, diced
½ cup celery, cut in ½ green pepper cut in
small pieces small pieces

2 ripe tomatoes; cut firm parts in small pieces

Garnishings: Lettuce leaves, sliced eggs, olives, radishes or tiny sweet pickles.

Mix the above ingredients together, of course omitting garnishings, so they will not get sticky. Add French dressing with seasoning to taste. Then toss the mixture with forks, one in each hand, lifting gently from the bottom of the bowl. Except for the rice the combination may be varied to suit your taste and to utilize vegetable leftovers in the ice box.

SALADS are one of my own favorite and I often have them for lunch at the White House. I particularly like the mayonnaise Mrs. Nesbitt provides. She gave me the following recipe, which I'm passing on to you.

BASIC SALAD DRESSING

2 egg yolks 1 cup olive oil or salad oil
2 tablespoons vinegar Seasoning (salt, mustard, white pepper, paprika)

Proceed as usual in preparing mayonnaise. Then assemble 1 cup water, 2 tablespoons flour, 1 spoon salt, and 1 teaspoon dry mustard.

Mix thoroughly all of the dry ingredients. Grate add one half cup of the water, being careful to stir out all lumps. When smooth add the second half of water, which should be boiling, and boil until thick. This salad dressing will keep in an ice box for weeks. This salad dressing will keep in an ice box for weeks. This salad dressing will keep in an ice box for weeks.

CHICKEN-AND-SWEETBREAD CROQUE

1½ cups cold boiled chicken ½ teaspoon o
1 cup boiled sweetbreads 2 tablespoons
2 teaspoons chopped parsley Sifted bread
1 cup milk Salt and pep
1 tablespoon chopped celery Sprigs of pa
2 tablespoons flour

Melt the butter in a saucepan and add to pour the milk in, stirring all the time; add onion juice, and salt and pepper, and allow to thicken, still stirring. Add chopped chicken and sweetbreads, and the chopped parsley. Take off the fire, and as soon as the mixture is cold, put it in the ice box to get very cold. Form into cylinders; roll in sifted bread crumbs and fry.

DIS. Flour @ \$5.50

15 DUCKS Soap @ \$4.25

New Christmas Recipes

BRAISED TURKEY. First pick, singe and cleanse a large turkey, then stuff it with piquant stuffing, truss it for braising and lard the breast of the bird in two or three rows each side with lardoons of fat bacon. Put five tablespoonfuls of butter into a large saucepan, add a large bunch of herbs, one teaspoonful of whole white pepper, eight cloves, two blades of mace, two sliced carrots, one diced turnip, four sliced onions, four chopped stalks of celery and two bay leaves. Place the turkey on these, cover it over with a buttered paper, cover and fry the contents for half an hour, during which time shake the pan occasionally to prevent the vegetables from burning; then add one cupful of boiling stock, replace the lid, put the pan on a moderate fire or in the oven and braise for two hours and a half. Add a little more stock as that in the pan reduces. Then remove the turkey to a baking-tin, brush it all over with a little thin, warm glaze and return it to the oven until it is a nice brown color. Serve with oyster mousseline sauce.

PIQUANT STUFFING. Pour half a cupful of white vinegar over three cupfuls of fine breadcrumbs, then add half a cupful of melted butter, one cupful of stoned and chopped olives, three chopped gherkins, one chopped small green pepper, and seasoning to taste of white pepper, salt and curry powder.

OYSTER MOUSSELINE SAUCE. Put into a saucepan a pinch of red pepper, raw yolks of four eggs, two tablespoonfuls of white sauce, whites of four eggs, a pinch of salt, half a cupful of strained oyster liquor, one teaspoonful of meat extract and one teaspoonful of tarragon vinegar. Whisk over boiling water until the mixture is hot and thickened; then add twenty-four oysters cut into little dice shapes. Serve at once.

CHESTNUT STUFFING. Shell one quart of large sound chestnuts. Put them in hot water and boil until the skins are softened; then drain off the water and remove the skins. Replace the blanched chestnuts in water and boil until soft. Take out a few at a time and rub them through a sieve. They mash more easily when hot. Season the mashed chestnuts with one tablespoonful of butter, one teaspoonful of salt, a quarter of a teaspoonful of pepper, one teaspoonful of grated lemon rind and one tablespoonful of chopped parsley. Add one tablespoonful of grated ham, two tablespoonfuls of breadcrumbs and two well-beaten eggs. Beware of having the stuffing too wet.

CELERY STUFFING. One quart of breadcrumbs, half a head of celery, two eggs, two tablespoonfuls of butter, one tablespoonful of salt, half a teaspoonful of white pepper, a quarter of a teaspoonful of paprika and a grating of nutmeg. Rub the butter into the breadcrumbs, then add the eggs well beaten, the seasonings and the celery chopped fine.

Another method: Sauté one tablespoonful of chopped onion in two tablespoonfuls of butter; add one cupful of chopped celery, one cupful of chopped apples; cook for five minutes, then add one cupful of soft breadcrumbs, salt, pepper and grated nutmeg to taste, and enough stock to moisten.

OYSTER STUFFING. Two cupfuls of oysters, a quarter of a cupful of melted butter, one tablespoonful of chopped parsley, one cupful of cracker crumbs, two teaspoonfuls of lemon juice, one teaspoonful of salt and half a teaspoonful of white pepper. Drain and clean the oysters. Mix the cracker crumbs with the butter, parsley, lemon juice, salt and pepper, then add the oysters with two tablespoonfuls of their liquor.

PEANUT STUFFING. Crumble a small loaf of stale Graham bread, then season highly with salt and paprika; add half a teaspoonful of powdered sweet herbs, half a pint of shelled, roasted, ground peanuts, four drops of onion juice, one teaspoonful of chopped parsley and sufficient cream to moisten slightly; blend well and stuff the turkey six hours before cooking if possible, so that the flavor of the dressing may have a chance to permeate the meat.

CHRISTMAS SALAD. Take equal parts of peeled, seeded white grapes, sliced canned peaches and sliced canned pineapple cut in small bits. Arrange beds of crisp lettuce leaves on the salad plates and mounds of each separate fruit upon them. Serve with the following dressing: Heat a quarter of a cupful each of orange, pineapple and lemon juices. Beat two eggs light, then beat in gradually half a cupful of sugar and cook in the hot fruit juice until the spoon is well coated. Remove to a pan of cold water, beat until smooth, and when cold fold in three-quarters of a cupful of whipped cream.

WHITE FRUIT CAKE with nuts. Cream half a cupful of butter with one cupful and a quarter of sugar. Add the beaten yolks of two eggs, two-thirds of a cupful of milk, one teaspoonful of orange extract, one teaspoonful of vanilla extract, two cupfuls and a quarter of flour, one tablespoonful of lemon juice, half a cupful of sultana raisins, a third of a cupful of currants, half a cupful of chopped preserved cherries, three-quarters of a cupful of chopped nut meats, two tablespoonfuls of chopped candied orange peel and the beaten whites of two eggs. Mix carefully and bake in a buttered and floured cake-tin in a moderate oven for an hour and a quarter.

SWEDISH STUFFING. Put two cupfuls of breadcrumbs into a basin, add two-thirds of a cupful of melted butter, a quarter of a cupful of currants, half a cupful of seeded and cut raisins, half a cupful of chopped English walnut meats, half a teaspoonful of powdered sage and salt and pepper to taste.

PLUM PUDDING. Chop half a pound of suet, put it into a basin, add one teaspoonful of salt, one cupful of flour, half a pound of sultana raisins, a quarter of a pound of chopped candied orange peel, half a pound of breadcrumbs, a quarter of a pound of seeded raisins, a quarter of a pound of currants, half a cupful of chopped and blanched almonds, the grated rind and strained juice of one lemon, one teaspoonful of grated nutmeg, one teaspoonful of powdered cinnamon, one teaspoonful of powdered ginger, half a teaspoonful of powdered allspice, one cupful of milk, one cupful of brown sugar and four well-beaten eggs. Mix well and turn into a buttered basin or a pudding-cloth and boil for four hours or steam for five hours. Serve with hard sauce.

MINT SHERBET. Put one cupful of sugar into a saucepan, add two cupfuls of water, five cloves, one inch of cinnamon stick, one bay leaf, three tablespoonfuls of chopped preserved ginger and half a cupful of the ginger sirup, and boil for eight minutes. Cool, add the strained juice of three lemons, the strained juice of four oranges, one drop of oil of peppermint and a few drops of green color. Cool and freeze. Serve in dainty glasses garnished with preserved cherries and mint leaves.

VEGETARIAN MINCEMEAT. Grate the rinds of six lemons, then cut the lemons in two and squeeze out the juice. Boil the rinds in water until tender but not soft, changing the water four or five times to remove the bitterness and putting one teaspoonful of salt in the water in which they are first boiled. When done drain the water from them and take out the seeds and inner skins, then chop them with one pound of seeded raisins. Then add one pound and a half of currants, one pound of sugar, one pound of stewed apples, the juice and grated rinds of the lemons, half a saltspoonful of red pepper, one teaspoonful of powdered mace, one teaspoonful of powdered cinnamon, one teaspoonful of almond extract, one cupful of chopped candied citron peel, four tablespoonfuls of orange marmalade and one cupful of melted butter. Mix well and keep in sealed glass jars.

MINCEMEAT. Shred one pound of suet, then roll it a little at a time, on a board with two cupfuls of sugar. Lift it into a basin and add one pound of currants, one pound of sultana raisins, one pound of seeded raisins, one pound of chopped apples, half a pound of chopped candied citron peel, a quarter of a pound each of chopped candied orange and lemon peels, half a pound of chopped cooked beef or tongue, half a cupful of chopped and blanched almonds, two teaspoonfuls of mixed spices, one teaspoonful of salt and half a cupful of fruit juice. Now add the strained juice of two lemons. Simmer the lemon rinds in a little water until perfectly tender, then pound them or rub them through a fine sieve. Add them and mix all the ingredients well together.

FRUITARIAN PLUM PUDDING. One pound each of seeded raisins, sultana raisins, currants and breadcrumbs, half a pound each of brown sugar, almonds, candied citron peel, shelled Brazil nuts and pine kernels, a quarter of a pound of preserved cherries, half a cupful of blanched and chopped pistachio nuts, the strained juice of three lemons, one teaspoonful of salt and half a cupful of butter. Shell the nuts and almonds and pass them once through a chopping-machine. Chop the pine kernels and the peel and prepare the fruit. Mix all the dry ingredients together in a basin, then melt the butter and add it with the eggs well beaten. Boil for six hours. On Christmas Day the pudding should be boiled for two hours to insure its being hot through. Turn it out on a hot dish, decorate with shredded almonds. Serve with sweet melted butter sauce or boiled custard.

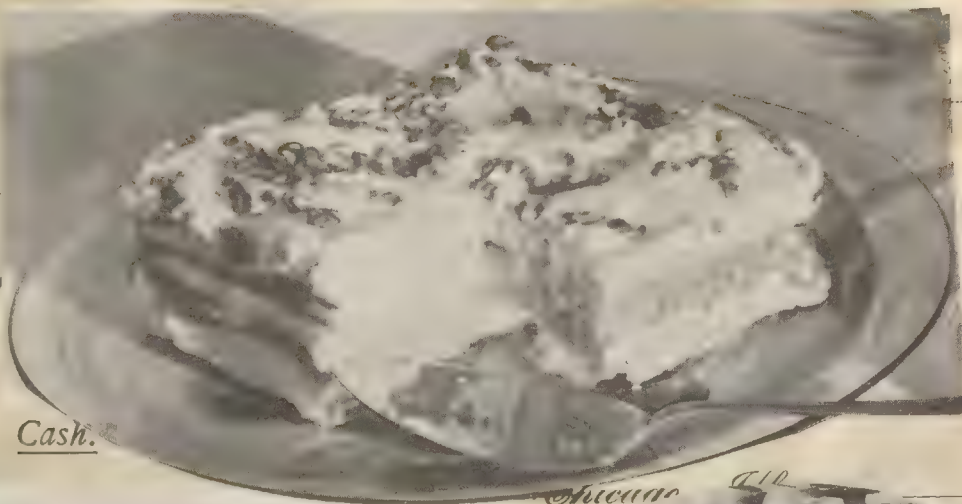
ORANGE ROCK CAKES. Cream half a cupful of butter with half a cupful of sugar, then beat in two eggs one at a time. Now add three cupfuls of flour, one teaspoonful of baking powder, the grated rinds of two oranges and the strained juice of one orange. If this mixture is too stiff a little milk may be added. Place in little heaps on a buttered and floured baking-tin and bake in a quick oven for ten minutes. This dough must be very stiff or the cakes will not keep their shape.

ALMOND RING CAKES. Cream half a cupful of butter with four tablespoonfuls of sugar, add one small beaten egg, and gradually mix in two cupfuls of flour and one teaspoonful of baking powder. Knead until smooth, then roll out and cut into rounds with a fluted cutter and lay on buttered tins. Beat up the whites of two eggs, add four tablespoonfuls of sugar, half a teaspoonful of almond extract and one cupful and a quarter of ground almonds. Put this mixture into a forcing-bag with a rose tube and press some of it around each biscuit. Bake in a moderate oven for fifteen minutes. When cool put a teaspoonful of red currant jelly in the center of each cake and sprinkle with blanched and chopped pistachio nuts.

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TERMS: Cash.

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Torte

$\frac{1}{2}$ Cup Sugar
 $\frac{1}{2}$ Cup Shortening
3 Egg Yolks
 $\frac{1}{4}$ Cup Milk
1 Cup Flour
 $\frac{1}{2}$ Teaspoon Vanilla
2 Teaspoons Baking Powder

MIX the ingredients as you would for cake, and pour batter into 2 greased square pans. I always put a square of wax paper in the bottoms of the pans also. There will be just about enough batter to cover the bottoms of the pans. Before baking cover with a meringue made as follows:

Five egg whites (use 3 yolks in the above, and the remaining 2 in the filling) and 1 cupful of sugar. Gradually add sugar to stiffly beaten egg whites. Cover the cake batter with this meringue and sprinkle with a few chopped nuts. Bake in a slow oven (not more than 300 to 325 degrees F.).

Meanwhile make a cream filling by combining $2\frac{1}{2}$ tablespoons of flour, $\frac{1}{2}$ cupful of sugar (or a little more), and a dash of salt. Add a little milk to beaten egg yolks and mix with flour-sugar mixture. Gradually pour 1 cupful of scalded milk over the egg mixture. Return to a double boiler top and cook until the mixture thickens. Flavor with vanilla. Cool.

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To put torte together, place 1 layer of the baked cake, meringue side down, on a flat cake plate, cover with the cream filling, then with the other layer of cake, meringue side up. Serve with sweetened whipped cream which has not been too stiffly beaten. And, by the way, try out this idea of serving your whipped cream not too stiffly beaten when you serve it with cakes, ginger-breads, or any other fairly dry dessert. Serve it stiffly beaten when you serve with moist, "runny" puddings.

When you first make torte serve it to your family with a fairly easy supper; let it be a high light. Then try serving it at a party luncheon with creamed chicken in pie-crust patty shells (made of rich pastry over muffin pans) and with fruit salad.

Shredded Wheat pudding is one of my husband's favorite desserts. He never seems to tire of it.

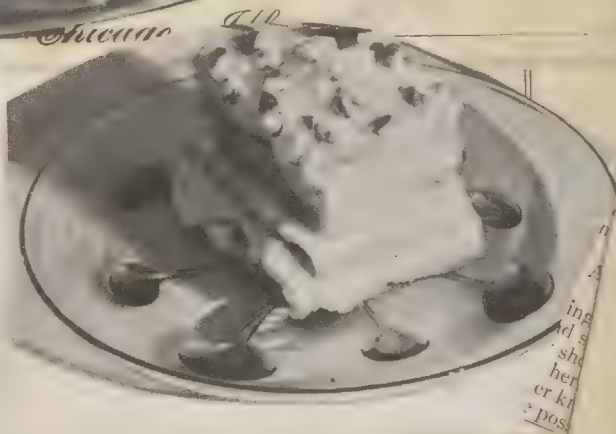
Shredded Wheat Pudding

$2\frac{1}{2}$ Cups Crumbled Shredded Wheat
3 Tablespoons Melted Butter
1 Cup Apple Sauce
1 Cup Soft Custard

MELT the butter in a saucepan and add the crumbled Shredded Wheat. Stir over a low flame until the crumbs are well mixed with the melted butter. Place $\frac{1}{2}$ of the crumbs in a greased baking dish 7 inches in diameter and 3 inches deep. Add the apple sauce seasoned with cinnamon and nutmeg, and then the soft custard. Cover with the remaining crumbs and bake at 350 degrees F. for 15 or 20 minutes. Serve with cream. Six servings.

This really isn't new; but let me suggest that if you have been making meringues and filling them with ice cream, keep on making them, only bake the meringue in a shallow pan, cut it in squares, and serve with crushed sweetened strawberries.

A very new dessert, as far as we are concerned, is lemon-orange cake. If you make and like lemon sponge



645 | 25

pie—and we do—you will like this. It was served at a club luncheon the other day, and, as usual, the recipe came home with me. I think it should be named a pudding.

Lemon-Orange Cake

3 Egg Yolks, Beaten
3 Egg Whites, Stiffly Beaten
Grated Rind and Juice of $\frac{1}{4}$ Orange
Grated Rind and Juice of $\frac{1}{4}$ Lemon
1 Cupful Sugar
1 Tablespoon plus 1 Teaspoonful Flour
1 Cup Milk

ADD the grated rind and juice of the lemon and orange to the beaten egg yolks. Mix the sugar and flour and add; add the milk slowly, then the stiffly beaten egg whites. Pour into a shallow pan and place this pan in a pan of cold water. Bake for 45 minutes at 350 degrees F.

The first time I made this dessert, remembering how much we liked lemon pie, the recipe was changed to leave out the orange and to use grated rind and juice of lemon. This was awfully good, particularly so, as my friend suggested later, with a fish dinner.

We served it the day it was made; but I later learned that it is an excellent made-the-day-before dessert. That surprised me, but we tried it and found it to be quite true. It mellows on standing in the refrigerator.

Probably a good many of your friends are following the old-new vogue of serving crackers and cheese for dessert, especially if they happen to own one of the new attractive cheese trays. The other night, having planned, along with the youngest member of the household, to eat fresh oatmeal cookies and stewed fruit for dessert, we ended up by having an extra fine dessert.

My husband came home with one of the packaged American cheeses, so I cut it in thin slices and served it with the cookies. Oatmeal cookies and cheese. Try it.

With the berry and cherry season almost here the berry and cherry pies should at least be mentioned. Make the pie by mixing the sugar and flour (or other thickening, such as tapioca) together, adding it to the fruit, and cooking it quickly—just long enough to thicken the mixture to the proper consistency. Cool slightly and pour into a pastry-lined pie plate. Cover with crust and bake until the crust is well baked. This will insure a pie that is not too juicy nor too thick; and your crust won't be soaked—and your oven won't need cleaning!

Terms: On Acc't.

No.	20	Brls. Salmon	10 50	210	
	6	" Pickles	16 50	99	
	20	" Oatmeal	7 50	150	
	20	" Cracked Wheat	8 00	160	
				619	
				61	90
					557
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No.			Less 10%		

Quince Honey

2 Quarts of Grated Quince 4 Cupfuls of Granulated Sugar
4 Cupfuls of Water

PUT the water and sugar into a porcelain-lined preserving kettle. Wash, pare and grate the quinces, put into the boiling sugar and water, and boil slowly for from twenty to twenty-five minutes, stirring quite often so it will not stick to the kettle. Fill into glasses and cover with paraffin. The quinces must be put into water as soon as they are pared so they will not discolor; the honey should be a rich yellow when finished.

Pineapple Honey

2 Quarts of Grated Pineapple 4 Quarts of Granulated Sugar
 $\frac{1}{4}$ Cupful of Lemon Juice

WASH, pare and remove the eyes of the pineapple and grate it away from the core. Another way is to wash it, cut it into halves the long way, then crosswise into quarters; remove the core, and grate away the skin. Add the sugar and lemon juice to the grated pineapple, stir until dissolved, and let stand for from six to eight hours. Put over the fire; bring to a boil and simmer slowly until the honey is transparent and of the proper consistency.

Sweet-Orange Marmalade

12 Medium-Sized Oranges 4 Cupfuls of Water
4 Tablespoonfuls of Lemon Juice 8 Cupfuls of Granulated Sugar
1 Teaspoonful of Salt

HALVE the oranges and remove the pulp and juice. Put the skins on to boil in six quarts of cold water; add the salt; boil until tender, and drain. When well drained take a spoon and remove all the white. Shred the yellow, and add to the juice and pulp. Add the lemon juice, sugar and water. Boil slowly for two hours, or until thick, and pour into sterilized jelly glasses.

Orange-and-Grapefruit Marmalade

1 Large Grapefruit 12 Cupfuls of Granulated Sugar
1 Large Orange
1 Large Lemon 10 Cupfuls of Cold Water

CUT the fruit into quarters, and remove the fiber and seeds from the centers; then cut up the pulp and rinds into very small pieces. There should be four cupfuls of fruit. Put into a bowl, and add ten cupfuls of cold water. Stand away for twenty-four hours; then add the twelve cupfuls of sugar. Boil slowly for three hours, or until the consistency of jelly. Pour into jelly glasses, or small jars, and cover with paraffin. Keep in a cool place.

Rhubarb-and-Raisin Jam

2 Quarts of Cut Rhubarb 2 Cupfuls of Granulated Sugar
2 Cupfuls of Seeded Raisins 1 Cupful of Orange Juice

CUT the rhubarb into small pieces but do not remove the skin, and put it into a porcelain-lined kettle. Add the sugar, mix well, and let stand for from three to four hours. Bring to a boil quickly and add the raisins, which have been washed, dried and put through a food chopper. Simmer slowly for one hour, and add the orange juice. Fill sterilized jelly glasses, or jars, and cover with paraffin.

Cranberry-and-Raisin Jam

2 Quarts of Cranberries 2 Cupfuls of Granulated Sugar
2 Cupfuls of Seeded Raisins 1 Teaspoonful of Salt
2 Cupfuls of Boiling Water

WASH the cranberries, put on with boiling water, cover, and place on a quick fire; add salt and boil for five minutes. Remove the cover and mash the berries; add the sugar, and the raisins, which have been washed, dried and put through a food chopper. Simmer for one hour, or until thick, stirring quite often. When quite thick pour into sterilized jelly glasses, or jars, and cover with paraffin.

Peach Butter

4 Quarts of Pared-and-Cut Peaches 3 Cupfuls of Granulated Sugar
1 Cupful of Water

ALL peaches should be washed before paring. The parings can be made into sirup. Cut into small slices; put into a porcelain-lined kettle, and add the sugar. Let stand for fifteen minutes, and add one cupful of water. Put over a slow fire and boil slowly for one hour, stirring often to keep from sticking to the bottom of the kettle. If the peaches are hard or not very ripe a little more water may have to be used.

Plum Butter

2 Quarts of Plums, With Stones Removed 2 Cupfuls of Granulated Sugar
1 Cupful of Water

DRY the plums after washing them; cut into halves and remove the stones. If the plums are the kind that have tough skins they should be cut into small pieces. Put into a porcelain-lined kettle with water and boil until soft; then add the sugar. Boil slowly for one hour, or until thick. Very juicy plums need less water than others. The sour red plums and the wild plums require more sugar, two cupfuls to a quart of plums. The skins are very sour after cooking.

Yellow-Tomato Butter

2 Quarts of Yellow Tomatoes 1 Large Juicy Lemon
1 Teaspoonful of Salt
3 Cupfuls of Granulated Sugar

DO NOT skin but wash and dry the tomatoes. Cut them into halves the long way and remove the seeds by pressing each half. Put on with the sugar and salt, and cook slowly for from an hour and a half to two hours, stirring frequently. Wash the lemon in hot water; cut into very thin slices, and add to the tomatoes and boil for ten minutes, stirring very carefully so as to keep the lemon slices whole. Put into sterilized glasses.

Red-Tomato Butter

2 Quarts of Tomatoes 1 Teaspoonful of Salt
3 Cupfuls of Granulated Sugar $\frac{1}{2}$ Cupful of Green Ginger Root, or
 $\frac{1}{2}$ Cupful of Candied Ginger

PEEL and cut the tomatoes. Put into a porcelain-lined kettle and add the sugar. Put over a slow fire and boil for an hour and a half, stirring frequently. If they are very watery it takes longer. Add the salt, and the ginger, which has been cut into thin slices. Many of the tomato seeds can be removed by using a teaspoon or by squeezing the tomatoes, which have been cut into halves crosswise.

Prune Butter

3 Pounds of Prunes 1 Cupful of Candied Orange or Lemon Peel
2 Cupfuls of Brown Sugar
1 Teaspoonful of Cinnamon 1 Teaspoonful of Salt
2 Cupfuls of Water

WASH and soak the prunes in the water overnight. Cover and put on to boil; bring to a boil quickly and cook until tender. Mash through a colander, and add to the water in which the prunes were cooked. Add the sugar and salt, and simmer slowly for one hour; add the chopped orange peel and cinnamon. Simmer for five minutes and put into glasses.

Lemon Butter

1 Cupful of Lemon Juice 1 Cupful of Water
3 Tablespoonfuls of Grated Lemon Rind 3 Eggs
2 Tablespoonfuls of Butter
3 Cupfuls of Granulated Sugar

BEAT the eggs until well mixed; add the sugar, water and lemon juice. Put in the top of a double boiler and stir constantly until thick, about eight minutes. Add the butter and lemon rind, and beat well. Put into jelly glasses and set in a cool place. This will keep ten days. Lemon butter can be made at any time during the year.

WHOLESALE GROCERY.

Business College Merchandise.

13 Wholesale Grocery.

20 Brls. Salmon @ \$10.50

Business College Merchandise.

14 Wholesale Grocery.

6 Brls. Pickles @ \$16.50

Business College Merchandise.

15 Wholesale Grocery.

20 Brls. Oatmeal @ \$7.50

Business College Merchandise.

16 Wholesale Grocery.

20 Brls. Cracked Wheat @ \$8

Debit Mds



FOR a long while before there was any thought of this nation going to war I began the study of meat substitutes, and provided them for my table, chiefly because of my conviction that most persons eat too much meat for their own good.

In spite of the fact that nearly all students of diet and health take the same view, it is hard to get the average person to cut down on meat. Of course the way prices have doubled and trebled within the last few years has made it necessary for many families to eat less meat; and now the war brings us face to face with a further reason for using other foods in its place.

It will be absolutely necessary, experts agree, for every home to use meat only once a day. Many believe we should adopt the plan of having at least one meatless day every week. I think this is imperative, and I believe the general adoption of such a plan would mean as much to our health as to the feeding of soldiers and civilians across the sea.

Corn Meal and Rice Fritters

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|--------------------------------|---------------------------------|
| 1 Cupful Cold Soft-Boiled Rice | 1 Egg |
| 1 Cupful of Corn Meal | 4 Teaspoonfuls of Baking Powder |
| 1 Cupful of Milk | 1 Teaspoonful of Salt |
| 1/2 Cupful of Flour | 2 Teaspoonfuls of Brown Sugar |

PUT the rice and milk into a bowl and mix well; add the rest of ingredients and the well-beaten egg. If you find it too thick, add a little more milk; it all depends on how dry the rice has been cooked. The baking powder should be added last and mixed well. These cakes must be thin and baked very brown on a hot griddle.

Peanut-Butter Loaf

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|---------------------------------------|----------------------------------|
| 1 Cupful of Peanut Butter | 2 Teaspoonfuls of Salt |
| 1 Cupful of Mashed Potatoes | 2 Teaspoonfuls of Grated Onion |
| 1 Egg | 1/2 Teaspoonful of Grated Nutmeg |
| 2 Teaspoonfuls Finely Chopped Parsley | 1/2 Teaspoonful of Paprika |

TO THE hot mashed potatoes add the peanut butter, one well-beaten egg, parsley, onion, nutmeg, salt and paprika; mix well. Put into a Turk's head or a baking pan, which has been brushed with butter, and bake in hot oven for from thirty-five to forty minutes.

Corn-Meal Dumplings

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| 2 Cupfuls of Corn Meal | 1 Teaspoonful of Salt |
| 1/2 Cupful of Butter | 2 Eggs |

PUT the corn meal into a bowl and add sufficient boiling water to moisten the meal. Add the butter and salt; cover, and let stand until cold. Add the eggs well beaten. Take spoonfuls of the mixture and put each on a small square of cheesecloth; tie, leaving plenty of room to expand. Put the dumplings into boiling water and boil slowly for one hour. Remove from the cloths and pile on a shallow dish. Serve, while they are hot, with milk and sugar, maple sugar, fruit sauce or sirup.

Spanish Beans

- | | |
|---------------------------------------|--|
| 2 Cupfuls of Kidney Beans | 6 Tablespoonfuls of Butter, Oleomargarine or Oil |
| 2 Cupfuls of Canned or Fresh Tomatoes | 2 Tablespoonfuls of Flour |
| 1 Cupful of Finely Cut Onion | 1 Tablespoonful of Salt |
| 1/2 Cupful of Pimiento | |

SOAK the beans overnight; drain, cover with boiling water; boil slowly for an hour and a half or until tender (some beans take longer than others); drain, and add the sauce which is made as follows:

Put butter or oil into a frying pan; add the onion and pimiento and fry until tender but not brown; then add the tomato, salt, and the flour, which has been mixed with a little cold water; boil for five minutes. After pouring the sauce over the drained beans simmer for ten minutes and serve at once.

Creamed-Egg Pie

- | | |
|----------------------------------|--|
| 4 Hard-Boiled Eggs | 1/2 Cupful of Buttered Crumbs |
| 1 Cupful of Seasoned Cream Sauce | 1 Tablespoonful of Chives or Scallion Tops |
| 1 Quart of Mashed Potatoes | |

THE potatoes are mashed, seasoned and flavored to taste; half are put into a buttered cake dish or a casserole as for a crust for a meat or an oyster pie. The hard-boiled eggs are cut into thin slices the long way and laid over the potatoes, the cut scallion added and the cream sauce is poured over the egg. The remainder of potato is pressed through a ricer or fruit press over the top of the egg and sauce. Sprinkle with buttered crumbs. Put into a hot oven and brown slightly. Dust with paprika and sprinkle with parsley.

GENERAL

JOBBIN

BUSINES

Terms:

WOOD, COAL,

HAY, GRAIN,

GROCERIES

AND

PROVISIONS

20

B

Yellow Tomato Preserve

- | | |
|---|--|
| 1/4 Peck of Pear-Shaped Yellow Tomatoes | 4 Teaspoonfuls of Gingerroot or Thinly Sliced Candied Ginger |
| 1 Lemon | |
| 3 Cupfuls of Sugar | |
| 1 Teaspoonful of Salt | |

WASH and dry the tomatoes, cut a thin slice from the blossom end of each and gently press out the seeds. If the tomatoes are very firm—and they should be—use a knife to help remove the seeds. Put the tomatoes into a preserving kettle, sprinkle the granulated sugar and salt over the top and put over a slow fire until the sugar is dissolved, then boil slowly for forty minutes. Wash and cut the lemon into thin slices and remove the seeds; add to the tomatoes, together with the gingerroot, which has been cut into small pieces; boil for ten minutes longer. Put into sterilized jars; adjust the rubbers, which have been dipped in boiling water, put on the sterilized lids and, when cold, put in a cool, dark place.

No.

Save Apple Parings for Jelly

WHEN paring apples for pies or dumplings cover the parings with cold water, put them over a slow fire with a few grains of salt, boil until soft, then mash or break them up with a spoon; when tender put into a fine strainer and let drip until all the juice is out of the skins; then strain through a piece of cheesecloth and to each half cupful of juice add half a cupful of sugar that has been heated in the oven on a plate; stir until the sugar is dissolved and boil for eight minutes. If the apples are red skinned the jelly will be a deep red. It takes little time and trouble provided it is done while getting a meal, and it can be done at any time of the year.

Peach parings are used in the same way, but if peaches are very ripe the parings will not make a stiff jelly, unless mixed with apple parings. They will make a good bottle of sirup to be used for hot cakes, waffles, or sauces for puddings.

Mixed Pickles

- | | |
|---|--|
| 2 Quarts of Green Tomatoes After Chopping | 2 Cupfuls of Lima Beans |
| 1 Quart of Cabbage After Chopping | 2 Cupfuls of Onion After Chopping |
| 1 Quart of Celery After Chopping | 1/2 Cupful of Cooking Salt |
| 2 Cupfuls of Cucumbers After Chopping | 6 Cupfuls of Cider Vinegar |
| 1 Cupful of Green Peppers After Chopping | 4 Cupfuls of Brown Sugar |
| 4 Teaspoonfuls of Dry Yellow Mustard | 1 Cupful of Sweet Red Peppers After Chopping |

CHOP all of the vegetables, not too fine; mix; put into a stone crock or an earthen bowl, cover with salt, then cover with a plate and press. Next morning drain and put into a preserving kettle; add the vinegar, sugar and mustard, mixed with a little cold vinegar. Boil slowly for an hour and a quarter; put into wide-mouthed bottles that have been sterilized, and cork. When cold dip the ends into paraffin. Label and store in a dark, dry place.

Pear Honey

WASH, pare and grate the pears; the hard cooking pear is best for making honey. To each quart of grated pear add one cupful and a half of granulated sugar, put it into preserving kettle and boil slowly for forty-five minutes; remove the scum, stirring frequently; the time depends on the kind of pear used; it must be stiff and not separate. Just before removing from the fire, add two teaspoonfuls of grated lemon rind or two tablespoonfuls of finely cut yellow of lemon; boil for two minutes after the lemon is added. Fill into well-sterilized, wide-mouthed bottles, cover with paraffin and paste paper over the tops.

Quince honey may be made the same way, or quince and apple honey combined, using equal quantities of apple and quince.

Business College Merchandise.

17 Wholesale

20 Brls. G. M. Flour @

Business College Merchandise.

21 Wholesale

10 Brls. Salmon @ \$10.50

10 Brls. Oatmeal @ \$7.50

10 Brls. Cracked Wheat @ \$8

Business College Merchandise.

20 Wholesale Grocery.

20 Boxes O. C. Soap @ \$4.15

Business College Merchandise.

24 Wholesale Grocery.

5 Brls. Pickles @ \$16.50



Pear Honey

4 Quarts of Pears 4 Cupfuls of Water
4 Cupfuls of Granulated Sugar ½ Cupful of Lemon Juice

AFTER washing, pare and grate the pears into the water so they will not discolor; put them into a preserving kettle over the fire, bring to a boil, and add the sugar. Boil for from fifteen to twenty minutes, and add the lemon juice. The pear honey must be clear and the thickness of strained honey. Put into glasses and cover with paraffin, and set on a cool shelf till wanted. Bartlett pears, when not too ripe, make the best pear honey.

Candied Orange Peel

4 Oranges 1 Cupful of Sugar

COVER the peel with two quarts of cold water, put it on the fire, bring to a boil, and boil slowly until tender (for about forty minutes). Pour into a colander and drain for two hours; remove all the white skin left from the pulp—the white on the rind gives a bitter taste. When dry cut into fine strips. Boil one cupful of sugar and half a cupful of water until it spins a thread; put in part of the peel and boil for five minutes; remove with a fork, and place in pulverized or granulated sugar a few minutes; put on a plate to dry.

Pear Jam

4 Quarts of Pears 2 Tablespoonfuls of Grated Lemon Rind, or
2 Cupfuls of Granulated Sugar 2 Tablespoonfuls of Finely Cut Candied Ginger
1 Level Teaspoonful of Salt

WASH, pare and grate the pears; add the sugar and salt. Put into a kettle and boil slowly for two hours, stirring quite often. Add the lemon rind or ginger. This jam should be thick and dark red. No water is used, as pears are quite juicy. Pour into sterilized glasses and cover with paraffin.

Prune-and-Pineapple Jam

3 Pounds of Prunes 2 Cupfuls of Granulated Sugar
2 Cupfuls of Grated Fresh Pineapple, or 1 Teaspoonful of Salt
2 Cupfuls of Canned Chopped Pineapple 2 Cupfuls of Water

SOAK the prunes in water overnight after washing them. Then bring to a boil quickly and cook until tender. Mash through a colander, and add to the water in which they had been cooked. Add the salt, sugar and pineapple, and simmer slowly for one hour, stirring quite often. Pour into sterilized glasses and cover with paraffin.

Dried-Peach Jam

2 Pounds of Dried Peaches ½ Teaspoonful of Salt
3 Cupfuls of Hot Water
2 Cupfuls of Granulated Sugar

CLEANSE the peaches through several waters; put into a kettle, and cover with the three cupfuls of hot water. Let stand for twenty-four hours; then bring to a boil very slowly. Remove from the fire and, when cold, remove the skins; strain the water and return to the fire. Add the peaches and salt, and boil slowly until tender. Then add the sugar, and boil for from fifteen to twenty minutes. Dried-peach jam is good for shortcakes or tarts.

Dried-Apricot Jam

3 Pounds of Dried Apricots 4 Cupfuls of Water
1 Teaspoonful of Salt
3 Cupfuls of Granulated Sugar

WASH the apricots in warm water; put into a preserving kettle, and cover with four cupfuls of water. Let stand for twenty-four hours; then put on a slow fire and boil until tender. Add the sugar and salt; mash, and boil for thirty minutes, or until thick. To make fresh apricot jam cut the fruit into quarters, remove the stones and add the sugar and three cupfuls of water. Put on the fire and cook for thirty minutes.

Quince-and-Apple Butter

2 Quarts of Pared Quinces 3 Cupfuls of Granulated Sugar
2 Quarts of Pared Cooking Apples 3 Cupfuls of Water

PALE the quinces and apples and drop them into cold water containing a bit of salt, to keep them from turning dark; then put them through a coarse food chopper, or cut them very fine. Put into a preserving kettle with water and boil until tender, so they can be mashed. Add the sugar, and boil slowly for an hour and a half. This makes a very good, thick butter. The skins may be used for jellies.

Green-Tomato Butter

2 Quarts of Green Tomatoes 1½ Cupfuls of Granulated Sugar
2 Cupfuls of Seeded Raisins 1 Teaspoonful of Salt
1 Large Juicy Lemon

FIRST wash, dry and cut the stem ends and all spots from the tomatoes. Cut into halves; remove as many seeds as possible. Cut into small pieces; mix the sugar with the tomatoes, and put over a very slow fire. Boil slowly for two hours; add the raisins, which have been washed, dried and put through a food chopper. Add the salt, lemon juice, and boil for thirty minutes.

Apple Butter

2 Quarts of New Sweet Cider 1 Tablespoonful of Ground Cinnamon
1 Peck of Apples 1 Teaspoonful of Grated Nutmeg

HEAT the cider in a porcelain-lined kettle, and boil down to one-half the quantity. Put into the kettle. Wash, pare, quarter and core the apples; add to the boiling cider and, when soft, beat with a wooden spoon until smooth. The butter must cook until it is thick. Add the spice just before putting into jars. No sugar is used and any kind of apples will do. Pour into glasses, and cover with paraffin.

Crab-Apple Butter

4 Quarts of Crab Apples 4 Cupfuls of Water
3 Cupfuls of Granulated Sugar 2 Tablespoonfuls of Ground Cinnamon
2 Teaspoonfuls of Salt

WASH and quarter the crab apples but do not pare them or remove the cores, and put into a preserving kettle, with water. Bring to a boil rapidly; then simmer until tender. Mash through a strainer and return to the fire. Add the sugar, cinnamon and salt, and simmer for three-quarters of an hour. Pack in jars or crocks, and cover with paraffin. Set away in cool place.

Concord-Grape Butter

2 Quarts of Grapes Picked From Stems 4 Cupfuls of Granulated Sugar

WASH and pulp the grapes. Put the skins into a porcelain-lined kettle and the pulp into an agate saucepan. Cook the pulp for fifteen minutes. Mash and strain through a wire strainer; add to the skins, and put on to boil. Boil slowly for thirty minutes, or until the skins are soft (some are tougher than others); then add the sugar, and boil for thirty minutes, stirring often to keep from sticking. The butter must be thick and not separate. Not much water is needed when using juicy grapes.

Green-Grape Butter

2 Quarts of Unripe Grapes Picked From Stems 3 Cupfuls of Water
4 Cupfuls of Granulated Sugar

CUT the grapes into halves after washing them, and with a pointed knife remove the seeds. Put into a kettle, and add the water. Bring to a boil quickly; add half the sugar, and simmer for half an hour, stirring quite often; then add the remainder of sugar, and simmer until the butter is thick and does not separate. This makes a very rich butter. Put into glasses or crocks, and cover with paraffin. Make grape butter before the early frost gets the grapes.

WHOLESALE GROCERY.

Sell cards 13, 14, 15, and 16 to C. C. Scott, on account, less 3%.

Buy the following merchandise of S. P. Mather for your note on demand, one day after date, without interest.

THE great importance of conserving everything that her garden produces this year is known to every housekeeper in the land. Tomatoes must not be allowed to spoil on the vines. If all jars are filled use crocks; if these are not, use small wooden casks for pickling.

If the frost comes before the tomatoes have ripened pick them from the vines and, no matter how green, wrap those that are perfect very carefully in paper, put them into small splint baskets or carriers and set them in a cool, dry place. I have kept tomatoes in this way until Christmas. When I wanted four or five I carefully picked them over and took the ones that looked nearest to being ripe, put them on the window ledge in the sun in a warm room and in one or two days they were ripe enough to fry or to stuff with rice or corn-meal mush and bake, and they were delicious.

The green tomatoes can be made into tomato butter the same as red or yellow tomatoes; they may also be fried the same as the ripe ones, but it must be remembered to add a little sugar when preparing them.

Tomato Butter

PUT the tomatoes into a wire basket, plunge them into boiling water, skin and cut them into halves the round way, and squeeze out the seeds; cut into quarters, and to each quart of tomatoes add one cupful of granulated sugar, half a teaspoonful of salt, half a lemon or two tablespoonfuls of green gingerroot cut thin. If you cannot get gingerroot use four tablespoonfuls of candied ginger cut into thin slices. After removing the seeds cover the tomatoes with the sugar, sprinkle with the salt, put over slow fire, bring to a boil and boil slowly for from one hour and a half to two hours, depending largely on the tomatoes. If they are watery it will take longer. Be sure to stir often so the tomatoes will not stick. Add lemon cut into thin slices. Fill into well-sterilized jars; adjust the rubbers, which have been dipped in boiling water, put on the sterilized tops and, when cool, set in a cool, dark place.

Tomato Paste

SCALD and skin the tomatoes, cut them into halves and press out the seeds. Put the tomatoes in a preserving kettle; boil slowly until quite thick, stirring quite often; care must be taken so they will not scorch. When thick fill into well-sterilized jars; adjust the rubbers and fasten the tops. Put them at once into a boiler of hot water and boil for one hour. Have the water cover the jars. Remove the jars from the water and be sure the tops are screwed down tight. When prepared in this way a pint will go as far as a quart of stewed tomatoes. Tomato paste will be found to be exceptionally good when used as a seasoning in such dishes as creole sauce, soups and macaroni.

Chowchow

- | | |
|---|---|
| 1 Cupful of Green Tomatoes Cut Into Small Pieces | 2 Cupfuls of Shredded Sweet Red Peppers |
| 1 Quart of Large Cucumbers Cut Into Half-Inch Pieces | 1 Cupful of Grated Horse-Radish |
| 1 Quart of Very Small Cucumbers | 2 Cupfuls of Brown Sugar |
| 2 Quarts of Very Small Onions | 2 Cupfuls of Dry Yellow Mustard |
| 2 Quarts of Cauliflower, After Washing and Separating | 4 Tablespoonfuls of Flour |
| 2 Cupfuls of Shredded Green Peppers | 2 Tablespoonfuls of Turmeric Powder |
| | 4 Quarts of Best Malt Vinegar |

PUT all the vegetables except the cauliflower into a stone crock; cover with brine made from one cupful of cooking salt and four quarts of boiling water; let stand overnight, then drain. Put the vinegar into a preserving kettle over the fire; add the dry ingredients, which have been mixed to a smooth paste; boil for three minutes. Add the vegetables and boil until tender; then add the cauliflower, which has been boiled in plain water for thirty minutes. Mix lightly and pack into sterilized jars; adjust the rubbers, which have been dipped in boiling water; put on the sterilized tops and seal at once. Keep the chowchow in a cool, dark place.

General
Jobber...

19

52	50		
101	25		
43			
82	50		
279	25		
27	93	251	32

Business College Merchandise.

25 Wholesale Grocery.

10 Brls. XXXX Flour @

Business College Merchandise.

26 Wholesale Grocery.

Business College Merchandise.

27 Wholesale Grocery.

10 Brls. XXXX Flour @

Business College Merchandise.

28 Wholesale Grocery.

5 Brls. Pickles @ \$16.50

Sell merchandise

Sell merchandise

Buy the following

Old-Fashioned Apple Butter

PUT the sweet cider just from the press in a porcelain-lined kettle and boil it until it is reduced one-half; add the apples, that have been pared, quartered and all bruised parts removed. The cider must come to the top of the apples. Boil slowly until the apples are tender and, with a wooden potato masher or a wooden spoon, mash them until smooth; stir frequently; if it seems too thick add a little more boiled cider; if too thin add a few more apples; boil until it is of the consistency of marmalade and does not separate. Just before removing it from the fire add two teaspoonfuls of ground cinnamon and half a teaspoonful of grated nutmeg to each quart of apple butter. Put it in a stone crock and tie paper over the top.

Bought

Spiced Crab Apples

SELECT even-sized crab apples; wash, and remove the blossoms, not the stems. With a meat needle or a coarse darning needle prick each apple five or six times so the skin will not break. Boil two cupfuls of sugar with one cupful of water, one cupful of vinegar, two teaspoonfuls of whole cloves, two teaspoonfuls of whole allspice and a three-inch piece of stick cinnamon; boil slowly for five minutes. The spices may be tied in a piece of cheesecloth. Then put in the crab apples so they are covered with the sirup and boil slowly until they are tender but do not break. Lift out of the sirup with a skimmer or a wire spoon; fill into well-sterilized jars. Always have the stem end on top, and pour the boiling sirup over until the jar is full; put on the cover at once; screw tightly. I always leave the spices in the sirup and do not remove them until the jar is opened in winter. Spiced crab apples are nice with roast duck, goose, pork or shote.

No.

Paid by note on demand

Grape Butter

WASH and pulp the grapes; put the pulp into a porcelain-lined kettle and boil for ten minutes; mash through a strainer; add to the skins and boil slowly for twenty minutes; then add half a cupful of sugar to each cupful of grape pulp; boil. Some grapes take a little more sugar and a longer time to cook; some skins will boil away; others will not boil soft at all. If you find the skins will not get soft mash all again through a wire strainer and a smooth jam will result.

Spiced Grapes

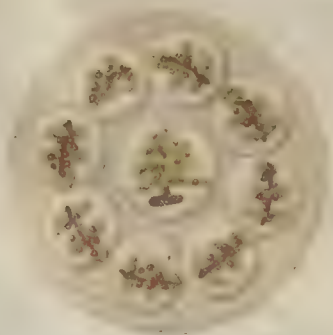
SPICED grapes are made the same as grape butter, adding to each quart of grape butter two teaspoonfuls of ground cinnamon, two teaspoonfuls of ground allspice, one teaspoonful of ground mace, two teaspoonfuls of salt and half a cupful of good cider vinegar. Boil slowly for one hour. This is put into glasses or jars in the same manner as jelly.

Spiced Pears

WASH, pare, quarter and remove the core, using any kind of cooking pear. To each half peck of good pears use three cupfuls of granulated sugar, one cupful and a half of pure cider vinegar, and, if whole spices are used, a five-inch stick of cinnamon, with two tablespoonfuls of cloves, two tablespoonfuls of allspice and two teaspoonfuls of mace; if ground spices are used, tie them in two small pieces of cheesecloth, using one tablespoonful of cinnamon, one teaspoonful of cloves, one teaspoonful of allspice and one teaspoonful of mace. Mix before tying into cheesecloth. The whole spices may be tied the same way if you do not wish the spices among the fruit.

Put the sugar, vinegar, one cupful of water and the spices on to boil; boil for five minutes, skim, and then add the fruit. Simmer slowly for thirty-five minutes, being careful to remove all scum as it rises. Fill into well-sterilized jars; adjust the rubbers, which have been dipped in boiling water, put on the sterilized lids and, when cold, put in a cool, dry place.

G. W. Patrick.



Christmas Candies

That "Do Their Bit" in War Time

THE Food Administration is this year urging us, each and every one, to use great care and forethought when making our Christmas candies. Every bit of sugar saved will insure more available sugar, and therefore more power to those fighting our war.

GOOD HOUSEKEEPING INSTITUTE has adapted for you several recipes, the majority of which originally called for granulated sugar, by substituting in its place brown sugar or glucose. The INSTITUTE also found that gelatin candies were an especially good way to make use of fruits, fruit juices, and nuts, thereby using less sugar and still maintaining a high food value. All the candies made with gelatin are better if allowed to stand in a cool place from two or three days to a week before cutting and rolling. After cutting them in the desired shape, roll them in a mixture of powdered sugar and corn-starch, using one part of corn-starch to three parts of powdered sugar.

Even the place-cards for the Christmas dinner may be of an eatable variety, thus making them serve the double purpose of place-cards and after-dinner mints. To make these Motto Wafers, soak one teaspoonful of gelatin in two teaspoonfuls of cold water, and dissolve it in three teaspoonfuls of boiling water. Add two cupfuls of confectioner's sugar and mix thoroughly. Put the mixture on a board dredged with sifted confectioner's sugar, and knead until perfectly smooth. Separate, and to the parts add the desired flavoring and coloring, adding more sugar if necessary to make stiff. Then roll as thin as possible, and cut in fancy shapes. Peppermint, clove, cinnamon, sassafras, and wintergreen are all good flavorings to use here. Any coloring may be used according to the individual taste. Use only vegetable colorings.

To make Gum Drops, soak three tablespoonfuls of granulated gelatin in one and one-half cupfuls of cold water for five minutes. Then stir two teaspoonfuls of corn-starch thoroughly through the soaked gelatin. Place two cupfuls of light brown sugar and one cupful of hot water on the fire, and when the sugar is dissolved, add the gelatin. Boil slowly for twenty-five minutes. Remove from the fire, and when partially cool add the desired flavoring and beat for about five minutes, or until the mixture has a cloudy appearance. Pour in a bread-pan which has been dipped in cold water. When firm, cut into cubes, and roll

"What would Christmas be without candies!" Can't you hear that cry going up from children all over the land and from many a grown-up as well? A Christmas shorn of all its sweets isn't necessary at all. With a little forethought and some substitutes in the way of fruit and nut sweet-meats, we can do much to lessen the pull on sugar at just this time.

Herbert Hoover

in the powdered sugar mixture mentioned above. Use for flavoring oil of cinnamon, peppermint, cloves, etc.

Fruited Gelatin Fudge—Soak one tablespoonful of granulated gelatin in two tablespoonfuls of cold water for ten minutes. Melt two squares of chocolate in a saucepan placed in a larger saucepan containing boiling water, add three cupfuls of light brown sugar and one cupful of sour cream alternately, while stirring constantly. Bring to the boiling point and let boil until the mixture will form a soft ball when tried in cold water. Remove from fire, add the gelatin, and when it has dissolved add one-fourth teaspoonful cinnamon, one-half cupful sultana raisins, one-half cupful candied cherries cut in small pieces, and one-fourth cupful chopped walnut meats. Beat until creamy, and turn into buttered tins, having the mixture about one and one-fourth inches deep. Cool, remove from pan, and cut in pieces for serving.

Loganberry Juice Squares—Soak three tablespoonfuls of granulated gelatin in one cupful of loganberry juice (not concen-

To make the motto wafers take one teaspoonful of gelatin and soak several hours in two teaspoonfuls of cold water until it has absorbed all the water



trated) for ten minutes. Put two cupfuls of light brown sugar and one cupful of boiling water on the fire; when dissolved, add the gelatin and the loganberry juice, and boil gently fifteen minutes. Pour into a pan which has been dipped in cold water. When firmly set, cut in squares, and roll in the powdered-sugar mixture.

Ginger Jelly Bars—Soak two tablespoonfuls granulated gelatin in one-half cupful of cold water for ten minutes. Put two cupfuls of light brown sugar and one cupful of boiling water on the fire, and when the sugar is dissolved, add the gelatin and boil slowly fifteen minutes. Remove from the fire and add one tablespoonful of lemon juice and one-half cupful of candied ginger cut fine. Pour into a pan which has been dipped in cold water, let stand overnight, cut in oblong shapes, and roll in the powdered sugar mixture.

Jellied Peanut Squares—Soak two tablespoonfuls of granulated gelatin in one-half cupful of cold water ten minutes. Put two cupfuls of light brown sugar and three-fourths of a cupful of boiling water on the fire, and when dissolved add the gelatin and boil slowly for fifteen minutes. Remove from the fire and add one cupful of chopped roasted peanuts and one tablespoonful of lemon-juice. Pour one-half inch deep into a pan wet in cold water, let stand overnight, and roll in the powdered sugar mixture.

Date and Fig Gum Drops—Soak four tablespoonfuls of granulated gelatin in one cupful of cold water for ten minutes. Add one and one-half cupfuls of boiling water; when dissolved, add four cupfuls of light brown sugar and boil gently for fifteen minutes. When partially cool, add two tablespoonfuls of lemon-juice. Divide the mixture into equal parts. To one part add one cupful of chopped dates, and to the other part add one cupful chopped figs. Pour into shallow pans which have been dipped in cold water. Let stand overnight, at least. Cut into squares or with a round cutter, and roll in the powdered sugar mixture.

Brown Sugar Fudge—Caramelize one cupful of light brown sugar and add one cupful of boiling milk, slowly. When the sugar has been redissolved, add one tablespoonful of butter, one cupful of dark brown sugar, and one cupful of light brown sugar. Let boil until a soft ball is formed when a little is dropped into cold water, stir in one cupful broken nut-meats, remove from the heat, and beat until it

Vanilla Soufflé

- 3 Tablespoonfuls of cornstarch
- $\frac{1}{4}$ Cupful of sugar
- $\frac{1}{8}$ Teaspoonful of salt
- $\frac{1}{8}$ Cupful of cold milk
- 2 Cupfuls of scalded milk
- 2 Egg whites
- $\frac{1}{2}$ Teaspoonful of vanilla

Mix the cornstarch, sugar and salt with the cold milk, gradually add the scalded milk and cook until thickened, stirring constantly. Place over hot water and cook for twenty-five to thirty-five minutes or until there is no taste of raw starch, stirring frequently. Add the vanilla and fold in the stiffly beaten egg whites, beating with a wire whip until thoroughly blended. Turn into a mold or serving dishes and chill. Serve with fresh fruit sauce.

Baked Vegetable Macedoine

- 3 Tablespoonfuls of shortening
- 1 Tablespoonful of chopped onion
- 2 Tablespoonfuls of chopped pimiento or green pepper
- 2 Tablespoonfuls of flour
- 2 Cupfuls of canned or stewed tomatoes
- 1 Cupful of corn, peas, lima beans or carrots or any combination of these or other vegetables
- $1\frac{1}{2}$ Cupfuls of boiled rice
- 1 Hard-cooked egg, chopped
- 1 Tablespoonful of chopped parsley
- 2 Teaspoonfuls of salt
- $\frac{1}{8}$ Teaspoonful of pepper
- 1 Teaspoonful of Worcestershire or other sauce
- $\frac{1}{2}$ Cupful of grated cheese

Melt the shortening, add the chopped onion and the pimiento or green pepper and cook for three minutes. Add the flour and stir until blended and smooth. Add the tomatoes and cook, stirring constantly until

the mixture is slightly thickened. Add the other vegetables, the cooked rice and the chopped hard-cooked egg and the seasonings. Put in a lightly greased baking dish and sprinkle the cheese over the top. Bake in a hot oven—400 degrees Fahr.—for twenty minutes.

French Pancakes

- $\frac{1}{2}$ Cupful of flour
- 3 Tablespoonfuls of powdered sugar
- $\frac{1}{4}$ Teaspoonful of salt
- $\frac{1}{2}$ Cupful of milk
- 1 Egg
- Grated rind of half lemon

Mix and sift the dry ingredients, add the milk gradually and stir until smooth. Add the egg and the grated lemon rind and beat vigorously. Heat a heavy frying pan or griddle and grease lightly. Drop the mixture by spoonfuls on to the hot griddle, having each pancake about five inches in diameter. When puffed and full of bubbles, turn them over and cook on the other side. Remove from the pan, roll each one into a roll, and serve at once with syrup or an orange sauce.

Brownies

- $\frac{1}{2}$ Cupful of shortening
- $\frac{1}{8}$ Cupful of sugar
- 2 Eggs
- 2 Squares of chocolate
- $\frac{1}{2}$ Cupful sifted cake or pastry flour
- 1 Teaspoonful of vanilla
- $\frac{1}{2}$ Cupful broken walnuts

Cream the shortening thoroughly, add the sugar gradually and continue creaming. Add the slightly beaten eggs and the melted chocolate and beat vigorously. Add the sifted flour gradually, stir in the vanilla and the nutmeats and spread in a shallow, lightly greased pan to about half inch thickness. Bake in a moderate oven—350 degrees Fahr.—for half an hour and cut in squares while still hot.

APRICOT DAINY PIE

Creamy Crisco gives you light digestible pastry

- | | |
|------------------------------------|----------------------------------|
| FILLING: | $\frac{1}{2}$ cup whipping cream |
| $1\frac{1}{2}$ cups dried apricots | |
| 3 cups water | |
| $\frac{1}{4}$ cup sugar | |
| $\frac{1}{2}$ teaspoon salt | |
| $\frac{1}{4}$ teaspoon ginger | |
| 1 tablespoon gelatine dissolved in | |
| $\frac{1}{4}$ cup cold water | |
| | TENDER CRISCO PASTRY: |
| | $1\frac{1}{2}$ cups flour |
| | $\frac{1}{2}$ teaspoon salt |
| | $\frac{1}{2}$ cup Crisco |
| | 4-6 tablespoons water |

Soak apricots in water until soft. Add sugar, salt, ginger. Cook to thick pulp. Press through coarse sieve. Add gelatine, dissolved in water. Cool until it begins to set. Beat with Dover beater until fluffy. Fold in whipped cream. Pile into baked Crisco pie shell (the light digestible kind). Decorate with whipped cream. Chill.

Tender Digestible Pastry: Sift flour and salt. Cut in unchilled Crisco (a digestible vegetable shortening) until fine as meal. Add unchilled water, by tablespoonfuls, mixing so as to use as little as possible. Roll out on lightly floured board. Fit closely inside a pie plate, pricking entire surface. Bake in hot oven (450° F.) 12 to 15 minutes.

GOLDEN-HEART CROQUETTES

Crisp, digestible—with carrots as "inside surprises"

- | | |
|-------------------------------|----------------------------------|
| 10 small carrots | 1 teaspoon Worcester-shire Sauce |
| 2 cups cooked beef or veal | |
| 1 cup canned peas, drained | 2 eggs |
| 1 small onion | 2 tablespoons water |
| $\frac{1}{2}$ teaspoon salt | 1 cup fine dry crumbs |
| $\frac{1}{4}$ teaspoon pepper | Crisco for deep-frying |

Boil carrots tender in salted water. Drain. Put meat, peas and onion through food grinder (use fine knife). Add seasonings and 1 egg lightly beaten. Mix. With this mixture cover each carrot. Form into croquettes. Beat 2nd egg with water. Dip croquettes in mixture, then roll in crumbs. Fill at-bottomed saucepan $\frac{3}{4}$ full of melted Crisco (a digestible vegetable fat). Heat Crisco slowly. When it will brown a bread-cube in 50 seconds, it has reached the correct heat (375° F.). Slide in the croquettes—raise heat for a minute to prevent Crisco from cooling. Fry until rich brown. Drain on absorbent paper. Serve with white sauce or tomato sauce. Strain Crisco to clear it of crumbs, use it for frying purposes. It can be used for frying many times. Crisco is economical.

MRS. PARR'S DATE SANDWICH-COOKIES

No creaming at all, because Crisco is so fluffy!

- | | |
|---------------------------|-------------------------|
| 1 cup Crisco | $\frac{1}{2}$ cup milk |
| 1 cup light brown sugar | |
| $2\frac{1}{2}$ cups flour | FILLING: |
| 1 teaspoon baking powder | 1 lb dates, pitted |
| 1 teaspoon salt | 1 cup light brown sugar |
| 2 cups rolled oats | 1 cup hot water |

Measure Crisco and sugar (firmly packed) into bowl. Blend in a quick stirring. (So easy to do with Crisco, the creamy shortening!) Sift flour, baking powder, salt, then stir in rolled oats. Add alternately to Crisco mixture with milk. Mix well. Take small portions of dough and roll out thin on lightly floured board. Cut with small cutter. Put cookies together in two's, sandwich fashion, with 1 teaspoon of date filling between (see below). Or, if you wish, cut a hole in top cookie before joining together. Bake on Criscoed cookie sheets in moderately hot oven (375° F.) 10 to 12 minutes.

Filling: Dice dates, mix with sugar and water. Cook until thick and smooth.

Chicago, Ill.

LOAF CAKE. Break 4 into small pieces; double boiler with 1 and cook till thick. Beat the yolks and whip into the mixture with 2 cupfuls of sugar and 1 cupful of flour, then measured and sifted. Add 1 teaspoonful of baking powder and a dash of salt. Add $\frac{1}{2}$ teaspoonful of vanilla and a very tiny pinch of cinnamon—just enough to add a tantalizing aroma. These amounts will give a good-sized loaf, which may be enriched with



chopped raisins or nuts or cherries— $\frac{1}{2}$ cupful of either or $\frac{1}{4}$ cupful of each.

Either recipe, the white or the chocolate, is entirely suitable for baking in small fluted birthday-cake pans for the tea table; or for the individual cakes you may make up your simplest cake batter, bake in shallow pans, turn out, cool and cut into various sizes and shapes; split some of these pieces and put together with jelly, icing or caramel, chocolate or orange filling. Ice the little cakes in various tinted icings and decorate appropriately, taking care not to omit the miniature candle in the center of each. Serve on lace-paper mats so that every guest has a birthday cake all to himself.

INDEPENDENCE SQUARES will add a delightfully novel touch to a little tea party. Use your favorite sponge-cake recipe, bake in a pan one and a half to two inches deep, flavoring the cake with 1 teaspoonful of grated orange peel, $\frac{1}{2}$ teaspoonful of vanilla and $\frac{1}{4}$ teaspoonful of almond extract. When cool and cut into squares, ice on top and sides with butter icing and sprinkle thickly—here is the new note—with chopped salted pecans. Make icing by creaming together $\frac{1}{4}$ cupful of butter

with confectioners' sugar, adding just enough hot strong coffee to make a paste for spreading.

COCONUT CRISPS transform the simplest affair into a party. Make them by mixing together $\frac{1}{2}$ cupful of sweetened condensed milk, 2 cupfuls of shredded coconut, 1 teaspoonful of rose water or vanilla, and the stiffly whipped whites of 1 or 2 eggs. Drop by spoonfuls on buttered or waxed paper and bake in a moderate oven.

SANDWICHES in variety will be in order at any of the simpler parties; some of these may be savory, some of them sweet, some of them zesty—and all of them should be daintily and attractively served. Cold boiled tongue sliced thin as paper, laid on delicate slices of buttered white bread, covered with a layer of currant or other tart jelly and topped with a second slice of buttered bread, then cut into fingers or other forms, makes tasty sandwiches. Orange marmalade blended with finely chopped salted nuts is a good filling. For whole-wheat or Graham bread, cream cheese and finely chopped preserved ginger make a filling that will be relished. Cottage cheese and

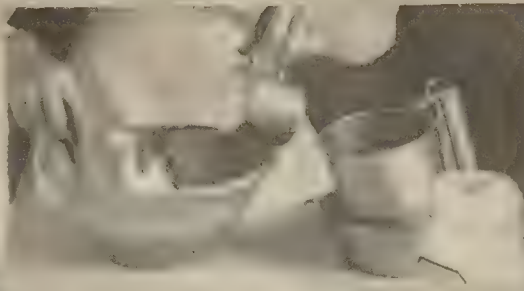
Nut bread or orange bread buttered on the loaf and sliced very thin requires no filling. Tiny hot cheese biscuits made by adding two tablespoonfuls of grated cheese to any of the prepared biscuit flours or to your regular recipe, brushed over with milk before baking, split and buttered while hot and dotted with a bit of tart jam or jelly, are tempting bits. And so are nut muffins made very small and spread with butter creamed with strained honey.

If the party is to be a bridge luncheon for a group of women friends, a heart salad platter will be most attractive. Arrange three nests of lettuce leaves in heart shape on each plate; in one nest arrange a hearty salad—chicken, lobster, tuna fish or ham; the second nest contains a mixed vegetable salad; and the third a fruit salad, which takes the place of dessert and should be topped with whipped-cream dressing. Mayonnaise or boiled dressing is most appropriate for the other salads. Garnish the platter with beet slices cut in hatchet or heart shapes, using sliced maraschino cherries, on the fruit salad. Small, buttered hot rolls and coffee

(Continued on Page 38)



Dredge a board with confectioner's sugar, which has been sifted free from lumps, and put the mixture on it



Add to the softened gelatin three teaspoonfuls of boiling water, stirring constantly until the gelatin is entirely dissolved

begins to thicken. Pour into buttered tins and cut in squares while still warm.

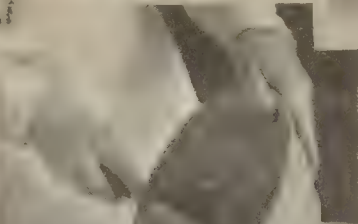
Pralines—Boil gently together, two cupfuls of light brown sugar and two-thirds cupful of evaporated milk, stirring often, till it forms a soft ball when tried in cold water. Remove from heat and beat till it begins to thicken; then pour onto one-half cupful of whole pecan meats, which should be spread carefully upon a buttered pan about eight inches in diameter.

Mrs. Joe Rand Beckett, 4228 Washington B'd., Indianapolis, Ind.

Nut Loaf Candy

4 tablespoonfuls granulated sugar
1 cupful cold water
1 cupful hot water
1 1/2 cupfuls mixed broken nut-meats
1 cupful powdered sugar

1 cupful mixed nuts
1/2 cupful light brown sugar
1/2 cupful milk
1/4 cupful cold water
1/4 cupful cold water



Then knead the mixture until it is perfectly smooth, just as you would knead bread dough

Soak the gelatin in the cold water for five minutes and dissolve in the hot water. Let cool until it just begins to form a jelly. Then make a fudge. Cook together the sugars, butter, milk, and coffee until it forms a soft ball when dropped in cold water. Remove from fire, beat till creamy, then heat in nut-meats and the fruit. The former may be a mixture of pecans, peanuts, castanias, walnuts, etc., and the latter a mixture of figs, raisins, citron, and preserved ginger. Then beat in the gelatin. Now pour into a buttered mold and set in a cold place for several hours, or, still better, two or three days. Cut in strips. Roll in the powdered sugar mixture.

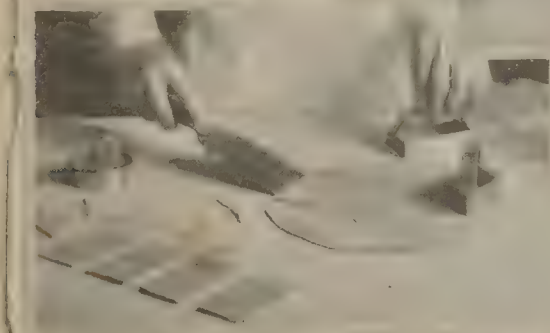
Grace Agnes Thompson, 149 Austin St., Cambridge, Mass.

Brown Sugar Foam

3 cupfuls light brown sugar
1 cupful cold water
1/2 cupful cream
1/2 teaspoonful vanilla

Cook sugar, water, and cream-of-tartar together until a soft ball forms when a small portion is dropped in cold

water. Then cut into fancy shapes. The Christmas cookie cutters will come in handy at this stage of the operation



Separate your mixture into parts, and to a portion of each part add whatever flavoring and coloring matter you may desire



Several days later roll out each part of the candy as thin as pie-crust, dredging board and rolling-pin with confectioner's sugar



Sift two cupfuls of confectioner's sugar, and add it to the dissolved gelatin, mixing it just as you would mix any ordinary batter

water. Meanwhile beat the egg-white with a fork on a good sized platter till stiff and dry. When mixture is sufficiently cooked, pour very slowly on to the egg-white, beating constantly. When all is added, stir in nuts and vanilla, beat till right consistency to pour into buttered loaf pan. Cut in squares.

Sour Cream Fudge

1 cupful light brown sugar
1/2 cupful cold water
1/2 cupful cream
1/2 cupful sour cream

Cook the sugar and cream together, stirring all the time until it boils. Cook till mixture forms a soft ball when dropped into cold water. Let stand until cool. Add vanilla and walnut meats, and beat until firm, pouring into a good-sized buttered cake tin. Cut in small pieces.

Mrs. J. M. Rider, Beacon, Thompson, N. Y.

Honey Candy

1 cupful light brown sugar
1/2 cupful cold water
1/2 cupful cream
1/2 cupful honey

Boil until it forms a soft ball (238° F.) when tried in cold water. Beat until it is thick. Pour into buttered pan. Cut in squares and wrap in paraffin paper.

Miss L. H. Caldwell, 61 Wicopee St., Beacon, N. Y.

Butter-scotch

1 cupful light brown sugar
1/2 cupful cold water
1/2 cupful cream
1/2 cupful butter

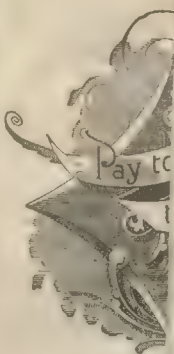
Boil together until it will crack in cold water; beat a few minutes and pour into a buttered plate. Break when cold. If the very small muffin rings or cup cake pans are used, round butter-scotch wafers will result.

Mrs. A. M. Salthaus, 3712 11th Ave. S., Minneapolis, Minn.

Nut Brittle

Melt in a frying-pan two cupfuls of light brown sugar. Stir constantly while the sugar is melting, and do not let it burn. In buttered pans place a layer of chopped walnuts or peanuts. When the sugar is entirely melted, pour it in thin sheets over the nuts. When cold, break in pieces. The melted sugar will not be clear like melted white sugar.

Use a camel's-hair brush to letter the wafers as fancy may dictate. Vegetable colorings should be used for lettering



Black-Walnut Croquettes

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|----------------------------------|----------------------------------|
| 2 Cupfuls of Hot Mashed Potatoes | 1/2 Teaspoonful of Pepper |
| 1 Cupful of Black-Walnut Meat | 1/4 Teaspoonful of Grated Nutmeg |
| 2 Eggs | 2 Tablespoonfuls of Milk |
| 2 Teaspoonfuls of Salt | Bread Crumbs |

PUT the walnut meat through a food chopper and add it to the potato; beat one egg with one tablespoonful of milk until well mixed; add to the potatoes; add the seasoning, and mix all well together. In floured hands shape into eight cones or oblongs; dip into egg, which has been mixed with one tablespoonful of milk, then into bread crumbs; fry in deep hot oil or fat.

Baked Green Peppers With Nut Filling

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|--|--|
| 8 Even-Size Peppers | 1 Tablespoonful of Chopped Celery Top |
| 3 Cupfuls of Boiled Rice | 2 Tablespoonfuls of Catchup or Table Sauce |
| 1 Cupful of Peanut Butter | 1 Egg |
| 5 Tablespoonfuls of Finely Chopped Green Peppers | |

WASH and cut the tops from the peppers; remove the seeds; rinse and dry; then fill with mixture made as follows: Mix the rice, peanut butter, and the pieces of pepper, which have been cut from the top and chopped fine, and the seasoning; fill into the peppers, rounding the tops. Set in a baking dish; brush the top with beaten egg, put in a hot oven and bake for from twenty-five to thirty minutes.

Halibut Steak With Baked Tomatoes

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| 2 Pounds of Halibut Steak | 4 Tablespoonfuls of Flour |
| 4 Large Firm Tomatoes | 1 Tablespoonful of Salt |
| 2 Tablespoonfuls of Grated Onion | 3 Tablespoonfuls of Chopped Green Pepper or Parsley |
| 2 Tablespoonfuls of Melted Butter or Oil | |

FIRST wipe the fish with wet cheesecloth and put it on a glass pie plate or a shallow pan brushed with butter; spread a little butter or oil on the fish, sprinkle with salt, a little pepper and flour. Peel the tomatoes, cut into halves and lay on top of the fish. Sprinkle with salt, pepper and flour. Put the rest of butter on the tomatoes, place in a hot oven; baste with one cupful of hot water, to which the onion has been added. Bake for thirty minutes. Serve in the dish in which it is baked. Sprinkle with green pepper or parsley; garnish with lemon.

Cheese Loaf With Italian Tomato Sauce

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|--|---|
| 2 Cupfuls of Bread Crumbs | 1 Teaspoonful of Salt |
| 1 Cupful of Cold Milk | 1/2 Teaspoonful of Pepper |
| 1 Cupful of Grated Sharp American Cheese | 1 Teaspoonful of Table Sauce |
| 3 Eggs | 1 Tablespoonful of Chopped Pimiento or Green Pepper |
| | 2 Teaspoonfuls of Butter |

COVER the bread crumbs with milk for twenty minutes; add the cheese, seasoning and flavoring. Separate the eggs; add the yolks, and beat for five minutes or until smooth and thick. Beat the whites of the eggs until dry and fold into the mixture (do not beat after the whites have been added). Brush a casserole or baking dish with butter, put in the mixture and put it in a moderate oven; bake for from thirty-five to forty minutes or until firm. Try it by putting a silver knife in center; if it comes out dry the loaf is done. Serve at once in the dish in which it is baked.

The sauce, made as follows, is passed with the loaf:

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| 2 Cupfuls of Tomatoes | 1/2 Cupful of Cut Green Peppers |
| 1/2 Cupful Finely Cut Onion | 4 Tablespoonfuls of Butter |
| 1/2 Cupful of Grated or Cut Carrot | 2 Tablespoonfuls of Flour |
| 1/2 Cupful Cut Turnip | 2 Teaspoonfuls of Salt |

Put the onion, carrot, turnip, peppers and butter into a frying pan and fry until tender. Add the tomato and salt; cook for five minutes; mash through a strainer; return to the fire; add the flour, which has been mixed with cold water. Boil for five minutes.

Coconut Loaf

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| 1 Cupful of Rice | 1 Egg |
| 1 Cupful of Strained Tomatoes or Tomato Soup | 1 Tablespoonful of Cut Parsley, Celery Top or Dried Celery |
| 1 Cupful of Fresh or Canned Fresh Grated Coconut | 1 Teaspoonful of Dry Mustard or Curry Powder |
| 2 Tablespoonfuls of Scraped Onion | 1 Tablespoonful of Drippings |
| 2 Teaspoonfuls of Salt | |

WASH the rice through several waters; boil with one cupful of boiling water in the top of a double boiler for half an hour. Add the tomatoes, coconut, coconut milk, egg and seasoning; add drippings and mix well. Put into a mold or bowl and steam for one hour. Turn out on a deep platter. Serve with cream sauce.

Potato Egg Toast

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|-------------------------|---------------------------|
| 4 Slices Bread, Toasted | Salt |
| 4 Eggs | Pepper |
| 2 Potatoes | A Little Onion-juice |
| 1 Cupful Scalded Milk | 1 Teaspoonful Corn-starch |
| 1 Tablespoonful Butter | Chopped Parsley |

HARD-COOK the eggs and cut them into halves. Boil the potatoes until tender, mash them and add them to the scalded milk with the salt, pepper, onion-juice, and butter; thicken with the corn-starch moistened in a little cold water. Lay the eggs on the toast, pour the hot mixture over them, and sprinkle with chopped parsley. Serve at once.

Cauliflower with Eggs

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|-------------------------|-----------------|
| Cold Cooked Cauliflower | Cream Sauce |
| Eggs | Slices of Toast |

BREAK the cauliflower into very small pieces and heat it in a cream sauce, made by blending smoothly together two tablespoonfuls of butter, two tablespoonfuls of flour, then adding to these one cupful of milk and stirring until the whole reaches boiling-point. Let the sauce cook two or three minutes and season to taste. Separate whites from yolks of eggs, allowing one for each person. Beat the whites to a stiff froth. Turn the creamed cauliflower onto slices of toast, make a nest of white of egg on each slice, then drop an egg yolk into the center. Sprinkle with salt and pepper and bake until eggs are set.

" Mackerel

" Corned Beef

Spinach Soufflé

- | | |
|--------------------------|------------------|
| 2 Cupfuls Cooked Spinach | Pepper |
| 1 Tablespoonful Butter | 1/2 Cupful Cream |
| Salt | 2 Eggs |
| | 1/2 Cupful Milk |

CHOP the spinach fine, season it, add the butter, cream, and milk, the yolks of eggs lightly beaten, and last of all the stiffly beaten whites of eggs, folding these in lightly and gently. Turn into a greased mold or soufflé-dish, bake twenty-five minutes and serve in the same dish in which the cooking is done.

Stewed Cucumbers

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| Cucumbers | 1 Cupful Stock or Gravy |
| 2 Tablespoonfuls Butter | Salt and Pepper |
| 2 Tablespoonfuls Flour | Grated Nutmeg |
| 2 Egg Yolks | Toast |

SELECT rather large cucumbers, peel them, cut into convenient-sized pieces and scoop out the seeds. Cook in boiling salted water until tender, drain, then place in a saucepan with butter and flour. Add stock or gravy and simmer the whole for fifteen minutes. Season with salt, pepper, and a little grated nutmeg, and just before serving stir in the egg yolks. Pile high on slices of toast and serve at once.

Cheese Tartlets

- | | |
|-------------------------|------------------------------------|
| Pie-crust | 3/4 Cupful Grated Cheese |
| 3 Tablespoonfuls Butter | 2 Level Teaspoonfuls Baking-powder |
| 3 Small Eggs | 1/2 Cupful Milk |
| 3/4 Cupful Stale Crumbs | Salt and Pepper |

TRIMMINGS of pie-crust left over from larger pies can be used for these tartlets. Roll it out thin, cut out and line small tins. Beat the butter to a cream, add the eggs slightly beaten, bread-crumbs, cheese, baking-powder, and seasoning; mix with the milk and put a spoonful in each tin. Bake about fifteen minutes in a hot oven.

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H. C. Wright

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Candies Made of Vegetables

By Mary Elizabeth Hall

VEGETABLE candy satisfies the natural appetite for sugar with what amounts to insurance against gluttony. The reason is that a proportionately large amount of the candy is made up of elements highly valuable as food, and before enough sugar to damage the most delicate digestion has been eaten the appetite is sated. The best vegetable candy is made from fresh vegetables, but canned peas, corn and tomatoes can be used with perfect success provided the liquid is carefully drained off.

VEGETABLE CREAM. Vegetable cream is not only very good to eat, but it is also the basis for many forms of vegetable candy. To two cupfuls of sugar add one cupful of potato—boiled or steamed, drained and forced through a fine sieve—one teaspoonful of butter and half a teaspoonful of salt. Boil to two hundred and twenty-eight degrees. Vegetable cream may be formed into balls and rolled in granulated sugar or in granulated cocoanut; the balls may be dipped into crystal sirup and rolled in cocoanut. It may also be used with chocolate, making a candy of unusual food value, uniting potato and chocolate.

MINT JELLY. Mint jelly made from peas, canned or fresh, has an attractive shade of green that is as inviting as the flavor is satisfying. Prepare green peas by boiling, and, when cooked, drain off the liquid and put through a fine sieve. If canned peas are used wash in many waters, cook for five minutes in boiling water, drain, and proceed as with fresh peas. Dissolve one ounce of gelatin in half a cupful of water. Cook half a cupful of sifted peas with two cupfuls of sugar and half a cupful of water. When boiling add the gelatin and continue to cook until the mass will drop in a stringy point from the end of a wooden paddle—about twenty minutes. Flavor with peppermint. Pour the mass on a cold marble so it will form drops, and dredge with granulated sugar. When set lift with a thin knife, place the drops together, base by base, and roll in granulated sugar.

SULTANA FUDGE. Cover either dried lima beans or ordinary shelled beans with cold water and let stand overnight. In the morning boil until soft and force through a fine sieve to remove all the skins. Boil together two cupfuls of sugar, half a cupful of the prepared beans, half a cupful of water, one tablespoonful of butter and half a teaspoonful of salt. When the mass has boiled add one cupful of milk, one-third at a time, and cook until the mixture threads when tested in cold water. Remove from the fire and add half a cupful of sultana raisins and a quarter of a cupful of cut pecan meats. Stir in half a cupful of fondant. Pour on waxed paper on a marble slab. When set mark it in squares, and when cold cut it.

TOMATO MARSHMALLOW. Cook and strain ripe tomatoes. If canned tomato is used it must be drained, cooked and strained. Make a sirup of half a cupful of this strained tomato and one cupful of sugar. Cook to two hundred and thirty degrees Fahrenheit. Pour this sirup over three cupfuls of sugar moistened with a quarter of a cupful of water. Stir, add one cupful of water and cook to two hundred and forty degrees. Remove from the fire and add three tablespoonfuls of gelatin dissolved in one cupful of water. Mix and strain. With a wooden paddle beat the mass until it becomes foamy and white, then gradually add: he beaten whites of two eggs, and continue beating until it is stringy and almost set. Sift over one tablespoonful of cornstarch, stir well, and pour on a slab of marble previously dusted with confectioner's sugar. Let dry for twelve hours and cut in squares. If the marshmallow is to be eaten plain roll it in confectioner's sugar, or in starch sugar made of one part of cornstarch and two parts of sugar. It may be dipped in crystal sirup and rolled in granulated cocoanut, or coated with chocolate.

GARDEN "GINGER." A delightful substitute for preserved ginger can be made at small expense from carrots. If white carrots can be procured garden "ginger" will in color more closely resemble preserved ginger, but either white or yellow carrots may be used. Choose carrots of fine texture and boil for ten minutes. Scrape off the outside layer and quarter lengthwise; cut in quarter-inch pieces, discarding the points and core. Boil until tender, changing the water several times. To one pound of carrots so prepared add two pounds of sugar, one quart of water, two ounces of green ginger root shaved fine, and the grated rind and the juice of one lemon. Boil for fifteen minutes. Repeat the process for four successive days until the sirup is thick. If green ginger cannot be obtained substitute one ounce of ground ginger. This must be put into a bag made of cloth so fine that it will not allow the grains to escape during the boiling. It can be finished as a confection at once and packed away dry, but the better method of preservation is to leave it in the sirup until wanted. To finish heat the sirup—with the "ginger" in it, of course—thoroughly and then drain. When no sirup drips from the "ginger" roll each piece in granulated sugar and place on a wire tray, making sure the pieces do not touch each other. Put the tray into an oven very slightly heated. When dry it is done.

BET PUFFS. Cut one medium-sized beet into thin slices, cover with half a cupful of water and cook until tender. Drain and to the liquid add two cupfuls of sugar. When this has boiled for four minutes add half a cupful of the cooked beet cut into small pieces. Cook to two hundred and forty degrees. Remove from the fire and let stand until it ceases to steam. Beat the salted whites of two eggs to a stiff froth and pour the mixture over it, beating thoroughly. Because this mixture is foamy and sets quickly it must be handled rapidly. Take a small portion at a time in a teaspoon, and, with a pecan nut, push the mixture from the spoon on to waxed paper, leaving the nut neat imbedded in the puff.

Candies Made of Fruits

By Marion Harris Neil

A PROPER confectioner's thermometer is required for making many varieties of candies, so that the boiling sirup or mixture may be removed from the fire at exactly the right degree. Such thermometers are made of wood, brass or copper and the degrees on them should mark from 60 to 350.

CHERRY DELIGHTS. Put two cupfuls of sugar into a saucepan; add a quarter of a cake of grated chocolate, one cupful of cream and two tablespoonfuls of butter, stirring continually until it registers two hundred and forty degrees by the thermometer, or until, when tried in cold water, it forms a soft ball; then add one teaspoonful of lemon extract, half a teaspoonful of almond extract and one cupful of chopped preserved cherries. Remove from the fire, stir until creamy and pour into paper cases. Decorate with whole preserved cherries.

PLUM-PUDDING CANDY. Put six cupfuls of sugar into a large saucepan; add one cupful of water and one tablespoonful of vinegar, and stir over the fire until dissolved; then add a pinch of cream of tartar and boil to two hundred and ninety degrees by the thermometer, or until it is brittle when tried in cold water. Pour out at once on

a large buttered platter. When cool enough to handle pull until white; then knead in two cupfuls of chopped figs, one cupful of seedless raisins, one cupful of chopped preserved cherries, one cupful of chopped candied citron peel, one cupful of chopped cocoanut, one cupful of chopped blanched almonds and half a cupful of chopped candied Angelica. Turn into a square buttered pan and sprinkle powdered cinnamon over the top. Leave in a cool place for eight hours to harden. Serve in slices.

PINEAPPLE BARS. Put two cupfuls of sugar into a saucepan; add one cupful of cream and one tablespoonful of golden sirup, then stir together until the mixture boils; add two cupfuls of chopped preserved pineapple and the strained juice of half a lemon, and boil briskly for ten minutes, or to two hundred and forty degrees by the thermometer. Remove from the fire, allow to cool for two minutes, and beat with a wooden spoon until the mixture is sugary and shows signs of stiffening. Pour into a buttered tin, and, when half cold, cut into neat bars. Other candies are made from the same foundation, such as ginger, tutti-frutti and fig candy.

FRUIT-JUICE TAFFY. Mix three cupfuls of sugar with one cupful of fruit juice, two tablespoonfuls of vinegar or lemon juice, a few drops of violet color and a pinch of cream of tartar. Boil until the sirup is quite brittle when tried in cold water, or until it reaches three hundred degrees by the thermometer. Pour into buttered tins, and, when cool enough, pull. Cut into pieces with buttered scissors; then twist and form as liked.

FRUIT JELLIES. Mix six tablespoonfuls of gelatin with one cupful of boiling water. Put one pound of any good thick jam, such as gooseberry, apricot or black currant, into a saucepan; add one cupful of sugar and half a cupful of water; boil up and then rub through a fine sieve. Return the mixture to the pan and add the gelatin gradually; color to suit the fruit used. When all is thoroughly dissolved and mixed remove from the fire and pour into small wet molds. Turn out and roll in granulated sugar.

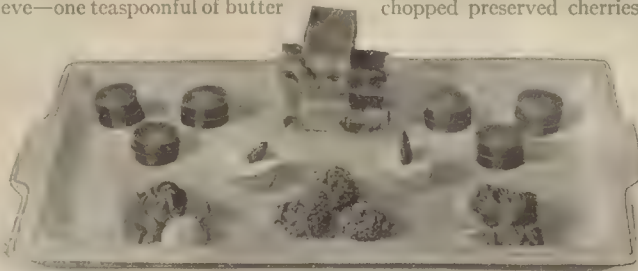
FRUIT JUBES. Pour off the juice from a can of peaches or apricots; then rub them through a fine sieve. Weigh one pound of this purée and put it into a saucepan; add one cupful and a half of sugar and bring very slowly to boiling point, stirring all the time. Continue to stir until very thick or when a drop placed on a platter will set. Let the purée cool; then add one teaspoonful of almond extract and drop on waxed paper. When quite cold remove the paper and stick two of the drops together. Roll in colored sugar, or in melted fondant or chocolate.

ORANGE Dainties. Dissolve three cupfuls of brown sugar and four tablespoonfuls of butter in one cupful of water; then add a pinch of cream of tartar and boil until it forms a hard ball when tried in cold water, or until it reaches two hundred and forty-five degrees by the thermometer. Add one teaspoonful of orange extract, two cupfuls of chopped candied orange peel, two cupfuls of chopped nut meats and a few drops of orange color, and set aside to cool. Then beat it until it is creamy, and drop from the end of a teaspoon on waxed paper.

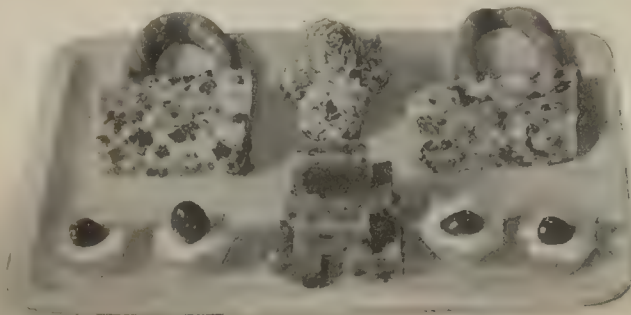
DATE BALLS. Stone and chop three cupfuls of dates; add one cupful of chopped black walnut meats, one tablespoonful of ginger sirup and one tablespoonful of chopped preserved ginger; then run through a chopper. Make in balls and roll in cocoanut. Put in paper cases.

FRUIT CARAMELS. Put two cupfuls of sugar into a saucepan; add half a cupful of milk mixed with four tablespoonfuls of condensed milk and dissolve slowly over the fire; then add a pinch of cream of tartar and boil for eight minutes, stirring all the time. Add four tablespoonfuls of butter cut in small pieces, one teaspoonful of almond extract and one teaspoonful of rose extract; then boil until the sirup forms a hard ball when tested in cold water, or until it reaches two hundred and fifty degrees by the thermometer. Remove

the pan from the fire; let it stand for one minute; then add two tablespoonfuls of fondant, two tablespoonfuls of chopped preserved ginger, six stoned and chopped dates, two tablespoonfuls of chopped preserved cherries and two tablespoonfuls of pine nuts. Stir until the mixture begins to set, and pour at once into a well-buttered, warm tin. Mark it into neat squares before it is cold. Wrap each caramel in waxed paper. The nuts should be warmed before they are added to the mixture.



Such Delicious Candies From Peas, Beans and Beets!



Fruit Candies Take Many Attractive Forms

WHOLESALE GROCERY.

Business College Merchandise.

37 Wholesale Grocery.

10 Brls. Cornmeal @ \$3.20

Business College Merchandise.

38 Wholesale Grocery.

20 Brls. XXX Flour @ \$5.75

Business College Merchandise.

39 Wholesale Grocery.

3 Brls. Mackerel @ \$20.25

Business College Merchandise.

40 Wholesale Grocery.

10 Brls. Corned Beef @ \$12.25

Sell merchandise cards 37, 38, and 39 to A. B. Palmer for cash, less 3%. Receive the following check in payment.

No. 491.

Kohl-Rabi, Hollandaise Sauce

1 1/2 Dozen Kohl-Rabis 1 Tablespoonful of Chives or Parsley
1 Cupful of Hollandaise Sauce 2 Teaspoonfuls of Salt
A Little Paprika

REMOVE the leaves, and pare quite thick then cut into quarter-inch slices into a saucepan. Cover with boiling water, add salt; boil without a cover for forty minutes, or until tender. Drain, put into a deep dish or a tureen, cover with sauce and sprinkle with chives or parsley and paprika. The tops may be boiled with bacon for the next day.

Pay to the

Two Hundred

Hollandaise Sauce

1 Tablespoonful of Butter 2 Teaspoonfuls of Salt
2 Teaspoonfuls of Flour A Little Pepper
1 Tablespoonful of Vinegar or Lemon Juice
1 Grated Onion
1/4 Teaspoonful of Egg Yolk
Celery Seed or 1/4 Cupful of Water
Dried Celery Tops

MELT the butter in a saucepan; add the flour, stirring until smooth; then add the onion and cold water and stir until thick. Beat the egg yolk until light, then add to it the salt, pepper and vinegar or lemon juice. Add this mixture to the butter, flour and water mixture. Remove from the fire at once, add celery seed or dried celery tops, beat until thick, then pour it over the kohl rabi.

Sell mer

No. 46.

Swiss Chard

SWISS chard is one of the most valuable vegetables to have in one's garden, because, when the leaves are cut, they come again and again; and it grows very quickly with but a little care. Care must be taken, however, when cutting the leaves not to injure the center or heart.

Chard may be prepared in the same way as spinach, or the stem may be prepared like asparagus, either by cutting into four-inch pieces and tying into small bundles before boiling or by cutting into half-inch pieces and creaming.

1 Quart of Greens After Boiling 1 Tablespoonful of Bacon Drippings or Butter
1 Cupful of Cream Sauce 1 Teaspoonful of Salt
Pepper to Taste

Pay to

Two Hundred

THE greens should be stripped from the thick midrib, then steamed or boiled like spinach tops. Cover the thick midrib, which is cut into half-inch pieces, like celery for stewing, with boiling water and boil for thirty-five to forty minutes, or until tender. Then drain, and cover with the cream sauce, which is made as usual. The greens are drained, chopped and seasoned with salt, pepper and bacon drippings or butter, and put in the center of a dish. Place around them the creamed midrib. To get one quart of greens after boiling use three quarts of the uncooked greens.

Leeks au Gratin

2 Bunches of Leeks (When Cleaned, 1 Quart) 1 Tablespoonful of Table Sauce
1 Cupful of Cream 1/4 Cupful of Fresh Bread Crumbs
1 Teaspoonful of Salt 4 Tablespoonfuls of Grated Cheese

AFTER trimming the roots of the leeks cut them into one-inch pieces almost to the end of the green; wash very carefully to remove all grit. Put into a saucepan and cover with boiling water; add the salt, and boil, without a cover, for forty-five minutes, or until tender. Drain; put into a deep earthen dish; cover

Received of

Three Hundred Thirteen

IN COLLEGE CURRENCY.

\$313.⁸⁷

Stuffed Beet Salad

6 Young Beets Cooked Vegetables for Filling
French Dressing

SELECT beets of uniform size, cook them until tender, skin, and while hot scoop out the insides. Set aside until needed. At serving-time fill the beets with any desired cold cooked vegetables, such as corn and Lima beans, string-beans flavored with minced onion, parsley, cooked asparagus, peas, and chopped mint or whatever may be available. Pour the French dressing over the top; or, if preferred, mix the vegetables with boiled salad dressing.

Macaroni Balls

1 Tablespoonful Butter 1/2 Cupful Milk
2 Tablespoonfuls Flour 2 Tablespoonfuls Sugar
1 1/2 Cupful Cold Few Drops Vanilla
Cooked Macaroni Flavoring
1 Egg Egg and Bread-crumbs for Coating

MAKE a thick foundation sauce by cooking together the butter and flour; then add milk and stir continuously until the mixture boils. Cook three minutes, then add the sugar, the macaroni coarsely chopped, flavoring, and egg. Turn onto a plate to cool, and later divide into portions and with the hands lightly floured, roll into small balls. Dip each of these into beaten egg, then into bread-or cake-crumbs and fry a golden brown in deep fat. Serve with apricot marmalade or with a custard sauce.

A Group of Nut-sparing Dishes

Brown Rice and Nut Cakes. Combine two and one-half cupfuls of boiled brown rice with one cupful of finely chopped nut-meats, either English walnut-meats, black walnuts, or hickory nuts. Stir in an egg or an egg yolk and enough entire wheat flour to hold the mixture together, the amount depending on the wetness of the rice—not more than two tablespoonfuls should be necessary. Add one-eighth teaspoonful of pepper and let stand till cold; then form into flat cakes, roll in entire wheat flour and brown in home-rendered fat. Serve with peanut butter sauce.

Peanut Butter Sauce. Melt a tablespoonful of home-rendered fat and stir into it three tablespoonfuls of peanut butter. When well blended add three tablespoonfuls of entire wheat flour, one-half teaspoonful of salt and one-eighth teaspoonful of pepper. Then stir in two cupfuls of broth from the stock-pot and let boil. If desired, a green pepper may be scalded, shredded, and added to the sauce.

Potato and Nut Loaf. Prepare three cupfuls of mashed potato, making it very creamy and seasoning it with peanut butter. Stir in a cupful of chopped peanuts, or English walnuts, black walnuts, or hickory nut-meats. Oil a bread-pan with savory drippings and dust it thickly with finely ground, dry, entire wheat bread-crumbs. Carefully pack in the potato mixture and bake half an hour in a moderate oven. Unmold on a large platter and serve surrounded with creamed onions, or with canned string-beans or stewed dried corn.

Stewed Chestnuts with Boiled Hominy or Brown Rice. Boil a quart of French or domestic chestnuts for five minutes, then remove the shells and inner skins and cut the chestnuts into good-sized dice. Melt a tablespoonful of butter, add two tablespoonfuls of home-rendered beef drippings and cook the chestnuts in this till yellowed. Then cover them with well-seasoned broth from the stock-pot and stew till almost tender. Add a pint of cleaned Brussels sprouts, or either fresh or canned cauliflower (removing the stem parts), and stew fifteen minutes longer, or until the vegetable is tender. Thicken with a tablespoonful of entire wheat flour dissolved in a little stock to each cupful of liquid, and serve around a mound of boiled hominy or rice seasoned with a little butter.

In payment of his note, No. 9, my favor, dated

H. W. Howard.

Buy the following merchandise of W. V. Parker, on account, less 10%.

GRAPE JUICE SPONGE

Tested and approved by The Chatelaine Institute.

- | | |
|----------------------------------|------------------------------|
| 2 Tablespoonfuls of orange juice | 1 Cupful of grape juice |
| Juice of one lemon | 1 Cupful of water |
| 1 Egg white, beaten until stiff | 1/2 Cupful of sugar |
| 1/2 Cupful of whipping cream | 1/2 Cupful of Minute tapioca |

Boil the water, sugar and grape juice in a double boiler. Add the tapioca and cook over hot water until the tapioca is clear. Remove from the heat and add the lemon and orange juice and the beaten egg white. Fold in the whipped cream. Chill thoroughly and serve. Serves six.

JELLIED HAM AND CELERY SALAD

Tested and approved by The Chatelaine Institute.

- | | |
|--|----------------------------------|
| 1 Cupful of cooked ham (chopped) | 1 Package of lime-flavored jelly |
| 1/2 Cupfuls of celery (finely chopped) | 1 1/4 Cupfuls of boiling water |
| 1 Tablespoonful of minced onion | 1/4 Cupful of vinegar |
| 2 Sweet pickles, chopped finely | 1/2 Teaspoonful of salt |

Dissolve the jelly powder in the boiling water. Add the vinegar and salt. Chill. When slightly thickened fold in the ham, celery and onion and pickles. Pour into a loaf pan, or pour into individual molds. Chill until firm. Unmold and serve on crisp lettuce with mayonnaise, garnished with tomatoes, quartered or sliced, if desired.

MUSHROOM CROQUETTES

Tested and approved by The Chatelaine Institute.

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|-----------------------------------|---------------------------------------|
| 3 Tablespoonfuls of fat | 1 Cupful of milk |
| 4 Tablespoonfuls of flour | 1 Cupful of chopped sautéed mushrooms |
| 1/2 Tablespoonful of salt | 1 Teaspoonful of chopped parsley |
| 1 Cupful chopped hard cooked eggs | |

Melt the fat add the flour, salt and pepper, and mix well. Add the milk gradually and cook over a low fire, stirring constantly until thick. Add the eggs, mushrooms and parsley, and mix well. Add more seasonings if necessary. Spread on a plate to cool. Shape into balls or cones, roll in fine cracker crumbs, then in beaten egg diluted with one tablespoonful of water. Roll in crumbs again. Fry in deep hot fat (395 degrees Fahrenheit) until brown. Drain on unglazed paper. Serve hot with egg sauce and garnish with parsley. Makes eight medium croquettes.

PINEAPPLE BAVARIAN CREAM

Tested and approved by The Chatelaine Institute.

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|----------------------------|------------------------------------|
| 1/8 Teaspoonful of salt | 1 Can of crushed pineapple (No. 2) |
| 1/2 Pint of whipping cream | |
| 1 Tablespoonful of sugar | 1 Package of orange jelly powder |

Mix the pineapple and the sugar and heat to the boiling point. Remove from the fire and add the jelly powder and salt, stirring until the powder is thoroughly dissolved. Set in a cool place. Whip the cream. When the pineapple mixture is cold and beginning to set, fold in the whipped cream. This makes approximately twelve servings.

PETIT FOURS

Tested and approved by The Chatelaine Institute.

Bake a light white cake in a shallow pan and cut into very small shapes (rounds, diamonds, squares, crescents, etc.) Ice with thin icing:

- | | |
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| 2 Cupfuls of confectioner's sugar | 1 White of egg |
| Pinch of salt | 2 Tablespoonfuls of water |

Beat the egg white slightly with the water. Work the sugar and salt into it, and knead until smooth. One egg-white absorbs about two cupfuls of confectioner's sugar.) Melt the fondant over hot water and color it a pale yellow and flavor with any desired flavoring. Hold cakes (one at a time) on a broad knife or spatula and pour the icing over the cake until it is all covered. Decorate with pieces of candied violets and small silver balls or other desired trimmings.

SANDWICHES

ASSORTED SANDWICHES

Tested and approved by The Chatelaine Insti

Cucumber Sandwiches

Pare one large green cucumber which has been thorough thin and sprinkle with salt. With a biscuit or cookie cutter, bread into rounds the size of the slice of cucumber. Spr soft butter. Place one slice of cucumber between bread watercress may also be added.

Cream Cheese and Horseradish Sandwiches

Mix equal parts of cream cheese and prepared horseradish buttered round of Boston brown bread.

Asparagus Rolls

Slice fresh bread quarter of an inch thick, cut off the cr with butter. Place an asparagus tip (the size of the lengt the bread around the asparagus. Press lightly to hold e's in a damp cloth until ready to serve.

Hot Filled Rolls

Use fresh, small round buns. Cut a thin slice from the top ntres, brush inside with soft butter and fill with one of the following: Minced ham with chopped sweet pickles and a litt Chopped cold cooked chicken and chopped olives. Chopped cold cooked veal and celery with may Tuna fish with India Relish and salad dressing

ORANGE-COCONUT CREAM

- | | |
|------------------------------------|--------------------------|
| 1 package orange-flavored gelatine | 2 Teaspoons lemon juice |
| 1 cup water | 1 cup cream, whipped |
| 1 cup orange juice | 1/3 cup sugar |
| Grated rind of one orange | 1/2 cup shredded coconut |

Dissolve gelatine in warm or hot water as directed. Add orange juice, orange rind and lemon juice. Chill. When slightly thickened, fold in whipped cream to which sugar has been added, and coconut. Pile lightly in sherbet glasses. Chill again. Garnish with orange sections and whipped cream.

MOCHA CREAM WHIP

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| 1 tablespoon gelatine | 1/2 cup sugar |
| 1/4 cup cold water | Few grains salt |
| 1 1/2 cups strong coffee | 1 cup cream, whipped |

Soften gelatine in cold water. Dissolve in hot coffee. Add sugar and salt. Chill. When very cold and slightly thickened (a little more than

CHERRY CARNIVAL CAKE

Snowy Crisco gives a snow-white cake!

- | | |
|-------------------|------------------------------|
| 1/2 cup Crisco | 2 Teaspoons baking powder |
| 1 1/4 cups sugar | 1/2 Teaspoon salt |
| 3/4 cup milk | 2 Tablespoons lemon juice or |
| 2 cups cake flour | 1 Teaspoon almond flavor |
| | 4 egg whites |

Measure Crisco, sugar and 1/4 cup of milk into mixing-bowl. Beat until light and fluffy. (No work to it, because Crisco is such fluffy shortening!) Sift dry ingredients and add alternately with remaining 1/2 cup milk. Add flavoring. Fold in egg whites, stiffly beaten but not dry. Use two Criscoed 8-inch layer cake pans. Bake in moderate oven (350° F.) 25 minutes.

Cherry Icing: In top of double boiler (over boiling water) put 2 egg whites, 1 1/4 cups sugar, 1/4 teaspoon salt, 1/4 cup water. Beat with Dover beater 7 minutes while icing is cooking. Remove from heat, add 1/2 teaspoon almond flavoring. Continue to beat until icing holds shape. Mix a third of icing with 1/2 cup diced maraschino cherries, also 1/2 cup chopped almonds. Use as filling between layers. Cover cake with remaining icing. Decorate with fancy-cut cherries.

HUSBAND'S CAKE

Sweet-tasting Crisco brings out true flavor!

- | | |
|----------------------------|---------------------------|
| 3/4 cup Crisco | 3/4 Teaspoon salt |
| 1 1/2 cups sugar | 3 Teaspoons baking powder |
| 1 cup tomato soup (canned) | 1 1/2 Teaspoons cinnamon |
| 3/4 cup water | 1 Teaspoon cloves |
| 1 Teaspoon soda | 1 1/2 Teaspoons nutmeg |
| 3 cups flour | 1 1/2 cups raisins |
| | 1 1/2 cups chopped nuts |

Measure Crisco and sugar into mixing-bowl. Blend together. (Easy to do because Crisco is so creamy!) Combine tomato soup (not cream of tomato) with water and soda. Add to Crisco mixture alternately with all sifted dry ingredients. Stir in raisins and nuts. Pour into 9-inch tube pan (or large loaf pan) rubbed with Crisco. Bake in moderate oven (350° F.) about one hour.

Cheese Fondant Icing: Blend 2 packages cream cheese with 1 egg yolk and 3 cups confectioners sugar, a cupful of sugar at a time. Add 1/2 tsp. salt and 1 tsp. vanilla.

CHOCOLATE TOPSIES

Whisk together in a jiffy—with creamy Crisco!

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|-----------------------|---------------------------|
| 1/2 cup Crisco | 1 1/2 cups flour |
| 1 cup sugar | 2 Teaspoons baking powder |
| 2 eggs | 1/2 Teaspoon salt |
| 3 squares chocolate | 1/2 cup milk |
| 1/4 cup boiling water | 1/4 Teaspoon vanilla |

Put Crisco, sugar and eggs into bowl, then start to blend and beat. (The shorter, easier way—thanks to fluffy Crisco!) Melt chocolate in boiling water. Blend with Crisco mixture until smooth. Add sifted dry ingredients alternately with milk. Beat one minute. Add 1/2 Use cup cake pans rubbed with Crisco. Bake in moderately hot oven (375° F.) about 20 minutes.

Icing: 3 tablespoons Crisco, 2 cups confectioners sugar, 1/2 teaspoon salt, 2 squares chocolate (melted), 1/2 teaspoon vanilla. Blend cream, sugar and the salt. Stir in melted chocolate rest of sugar alternately with cream. Add thoroughly. Spread over cakes.

going to be beaten) beat with egg beater until mocha-colored and very frothy. Fold in whipped cream; chill in sherbet glasses or in the bowl from which it is to be served. Serve with additional whipped

cream, slightly sweetened and flavored with a few drops of vanilla.

SPRING PIE

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| 1 tablespoon gelatine | 2 1/2 cups cooked rhubarb, sweetened to taste |
| 1/4 cup cold water | Few grains salt |
| 1 cup cream, whipped | Strawberries |

Soften gelatine in cold water and dissolve in small amount of the rhubarb, heated. Add remaining rhubarb and chill. When it begins to thicken, beat until light and fluffy and fold in the whipped cream. Turn into baked pastry, or into cracker crumb shell, and place in refrigerator to chill thoroughly. Serve with strawberries, crushed and sweetened to taste.

TUNA FISH MOUSSE

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| 1 tablespoon gelatine | 1 Teaspoon dry mustard |
| 1/4 cup cold water | 1/4 Teaspoon paprika |
| 1/4 cup boiling water | 1/2 Teaspoon salt |
| 1/2 cup mayonnaise | 2 cups tuna fish, flaked |
| 1/2 cup cream or evaporated milk, whipped | 1/4 cup pimiento, chopped |

Soften gelatine in cold water; dissolve in boiling water. Cool. As mixture thickens, add to mayonnaise and whipped cream, to which mustard, paprika and salt have been added. Fold in tuna fish and pimiento; turn into mold. Serve on lettuce with sliced cucumber or tomato garnish.

BOUGHT OF.....

W. V. PARKER

General Ledger

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20

No.

Business College Mer
41 Wholesale
10 Brls. Sup. Flour @

Business College Mer
45 Wholesale
5 Brls. Salmon @

Candied Orange Peel

1 Oranges
2 Cupfuls of Sugar
Pulverized Sugar
2 Quarts of Water

COVER the peel of four oranges with two quarts of cold water, bring to a boil and boil slowly until tender. Drain for two hours. Remove all the white skin left from the pulp. When dry cut into fine strips. Boil two cupfuls of sugar with half a cupful of water until it spins a thread. Put in part of the peel and boil for five minutes; remove with a fork and place in pulverized sugar a few minutes.

Candied Cranberries

2 Cupfuls of Large, Hard Cranberries
2 Cupfuls of Sugar
2/3 Cupful of Water
Pulverized Sugar

PUT the sugar on to boil with two-thirds of a cupful of water. Boil slowly for five minutes. Wash and dry the berries; pierce with a darning needle; then spread the berries in a single layer on an agate plate. Pour the sirup over the berries and place in a very moderate oven until almost transparent. If dusted with pulverized sugar they may be used for decorating.

Date and Coconut Sweets

2 Cupfuls of Dates, After Stoning
1 Cupful of Canned Grated Coconut
1/2 Teaspoonful of Salt
1 Tablespoonful of Lemon Juice
4 Tablespoonfuls of Sugar

WASH, dry and put the dates through a food chopper. Add the salt, together with three-quarters of a cupful of coconut and the lemon juice. Mix the ingredients well; then form the mixture into round balls and roll them in coconut and sugar.

Prunes Stuffed With Dried Apricots

2 Cupfuls of Large, Soft Prunes
2 Cupfuls of Dried Apricots
1 Cupful of XXXX Sugar
1/2 Cupful of Fresh Grated Coconut

SOAK the prunes for one hour, and dry; with a sharp knife remove the stones; fill with apricot, which has been washed, dried and put through a food chopper. Form into the natural shape of fresh prunes. Mix the sugar and coconut together and roll the prunes in it. Spread on a platter to dry.

Fruit Sweets

1 Cupful of Figs
1 Cupful of Seeded Raisins
1 Cupful of Dates
1 Tablespoonful of Lemon Juice
1 Cupful of English Walnuts or Pecans
2 Tablespoonfuls of Orange Juice

THE fruit is washed, dried and put through a food chopper; add the fruit juices and a few grains of salt. Mix well. Take a small portion and form an oblong; roll it in sugar, and press half a walnut in the top; place it on a tray dusted with sugar.

Fruit and Nut Paste

2 Cupfuls of Dates, After Stoning
1 Cupful of Peanut Butter
1 Teaspoonful of Salt
Candied Lemon or Orange Peel
A Few Currants

WASH and dry the dates, and put them through a food chopper; add the peanut butter and the salt and mix well. Take single teaspoonfuls and form into balls shaped like small apples, and roll them in a little sugar. Press in each a currant to represent the blossom and a piece of peel to represent the stem.

Cranberry and Raisin Marmalade

1 Quart of Cranberries
2 Cupfuls of Seeded Raisins
2 Cupfuls of Granulated Sugar
1 Cupful of Water

PUT the cranberries and water on in a saucepan, cover, and bring to a boil quickly. As soon as they begin to cook mash through a colander; add the sugar and raisins, which have been washed, dried and put through a food chopper; return to the fire and boil slowly for thirty minutes, or until thick like sauce, stirring quite often.

Transparent Orange Marmalade

6 Thin-Skinned Sour Oranges
2 Tablespoonfuls of Lemon Juice
4 Cupfuls of Sugar
3 Quarts of Water

CUT the oranges into halves, crosswise; remove the juice and pulp. Put the skins on to boil with three quarts of water until tender. Drain in a colander, remove all the white. Shred the yellow very fine, and add to the juice and pulp two cupfuls of the water in which the skins have been boiled; then add the sugar, and boil slowly for two hours.

Sell merchandise
Sell merchandise

After-Dinner Cream Mints

2 Cupfuls of Granulated Sugar
2/3 Cupful of Water
1/2 Teaspoonful of Peppermint
A Pinch of Baking Soda

BOIL the sugar and water together until they form a soft ball when dropped into cold water. Remove from the fire; add the baking soda, and beat until the mixture begins to get hard. Then add the mint. When thick, drop with a teaspoon on waxed paper or on a buttered platter. Set away in a cool, dry place to dry.

Sugared Pop Corn

1 Cupful of Sugar
4 Tablespoonfuls of Milk
Pinch of Cream of Tartar
Pop Corn

BOIL the sugar, milk and cream of tartar until they form a soft ball when tried in cold water. Remove and add the flavoring. When cold beat until creamy. Dip the corn into the mixture, then roll it in XXXX sugar and place on waxed paper to dry. For chocolate flavor mix one tablespoonful of cocoa with four tablespoonfuls of XXXX sugar and roll the corn in it.

No. 42.

Pay to
Two Hundred

Plum Pudding

1 Cupful Each of Chopped Beef Suet
Dry Bread Crumbs
Sugar
Flour
Seeded Raisins
Currants
1/2 Cupful Each of Finely Cut Citron
Finely Cut Figs
1 Tablespoonful Each of Candied Lemon Peel
Candied Orange Peel
1 Tablespoonful of Salt
1/2 Teaspoonful Each of Ground Cinnamon
Ground Cloves
Ground Ginger
Ground Nutmeg
1 Cupful of Fruit Juice

MIX in the order given, and add enough cold water to make a stiff mixture. Brush a mold with butter, fill within one inch of the top, place in boiling water, and boil for eight hours. Remove the lid until the pudding is cold. This may be made two weeks before Christmas. When reheating boil for one hour. Serve with hard sauce.

Christmas Layer Cake

3/4 Cupful of Shortening, Half Butter
1 1/2 Cupfuls of Sugar
3 Eggs
1/2 Cupful of Milk
3 Cupfuls of Flour
3 Teaspoonfuls of Baking Powder
1/4 Cupful of Cocoa
2 Teaspoonfuls of Cinnamon
1/2 Teaspoonful of Ginger
1/2 Teaspoonful of Grated Nutmeg
1/2 Cupful of Chopped Seeded Raisins
2 Tablespoonfuls Each of Currants and Finely Cut Citron

MIX as Holly Cream Cakes. Have four eight-inch jelly pans lined with paper. Fill two with the mixture, and to the rest of the mixture add the spices and the fruit, which has been sprinkled with a little flour. Bake in a moderate oven for twenty minutes. When cold put together with cocoa icing.

Buy of L. E. Halburt, on account, less 10%, the following merchandise.

GOOD HOUSEKEEPING BUREAU OF FOODS SANITATION AND HEALTH

DR. HARVEY W. WILEY, *Director*

The A B C of Menu-Building

SCARCELY a day goes by that I do not receive one or more communications asking for a combination of foods for specific purposes. Usually these inquiries relate to foods for children, but not infrequently to foods for grown people and occasionally foods for invalids. All these inquiries seem to be based on the one idea of food combinations. They rarely realize that in all cases the simpler the diet, that is, the less complicated, the better, provided in all instances the foods are so ordered as to perform their real functions of nutrition.

Nutrition does not consist alone in building the body, in restoring waste, and in furnishing heat or energy. There is in food another principle, the vital function. The advance in the scientific study of nutrition in the last ten years has been marked more strongly than in any other way by the discovery of this vital principle. I say discovery, but this is probably not the right term. Ever since any account has been kept of the nutrition of man a disease which is known as scurvy has existed, and this disease was found particularly on shipboard, where large quantities of foods, consisting mostly of cereals and cured meats, were taken on board ship for a long voyage. Fresh vegetables and fruits can not be taken except in a preserved state on these long voyages, which now happily are not so extended in time as in former years. Therefore scurvy, as it is known to medicine and in common experience, is less frequent among sailors than it was in the days of long voyages under sail. The remedy for scurvy has long been known to be fresh fruits and vegetables. We know now the constituents of fresh fruits and vegetables that are really remedial. They are those yet poorly defined and understood elements to which the terms *vitamin*, *food accessory*, or *vital principle* have been given.

These bodies exist in minute quantities, but are capable of being separated by appropriate chemical reagents and are therefore known to be definite chemical entities. Our study of them has not advanced far enough to enable us to say exactly what their chemical constitution is. Their biological function, on the other hand, has been thoroughly established. The result of these investigations may be summarized as follows: No matter how well foods are combined to secure a nutrition of all the tissues of the body equally, they fail to do this if vitamins are absent. This introduces into the construction of a menu an entirely new conception and one that has not heretofore received any attention whatever, except by accident, in



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That tremendously important question of what to eat and how much is answered by Dr. Wiley by four basic menus. You will find it worth while preserving this article, in which they appear, for future reference

the balancing of rations. The first and fundamental thing to be known is, what foods carry these vitamins and in what parts of the foods do they particularly reside?

The Vitamin of Vegetable Origin

THE vitamin (I use this term for lack of a better one and because it is more commonly employed) in so far as we know is solely of vegetable origin. It is introduced into the body with foods and is deposited with its vitality very little, if any, diminished in certain tissues of the body and in the secretions of the body, especially of milk-giving animals. In the milk it is found to be largely concentrated in the fat. In vegetable fats or oils it is not found in any very considerable quantity. When we drink milk, we get the vitamins that have been transmitted to the milk from the food of the milk-giving animal. When we eat meat we also get a modified or weakened form of vitamin. Inasmuch as man is an omnivorous animal, if he rightly balances his diet, he secures a proper amount of vitamins largely from the vegetable, and to a limited extent from the animal, part of his diet, especially milk and eggs.

The next important consideration in

the construction of a menu is to determine what vegetables and what parts of such vegetables contain the vitamin in abundance. This question has been answered in a satisfactory way by recent investigations. All vegetables contain this vital element. In cereals it is found largely, if not almost entirely, in the bran and germ, and not to any extent in the starchy parts of the grain. In vegetables it is found both in tubers, as in the potato, and in the leaves. Among the grasses and clovers it is also abundant, especially in alfalfa. Alfalfa is one grass which can be eaten by the non-ruminant animal. Spinach, cabbage, green hulls of peas, beans, and nearly all succulent vegetables and fruits, and especially potatoes, contain the vitamin in abundance. Among fruits the orange and apple are prominent representatives, containing valuable vital elements. Orange-juice is a preventive of scurvy among children who use pasteurized milk. Some investigators think the orange element is not a real vitamin, but some compound of citric acid. If it is a compound of citric acid that does the work, this compound is to that extent a "vitamin." Vitamins are commonly divided into two classes, namely, those soluble in water and those soluble in oil or fat.

The third fundamental consideration in guiding us to a scientific construction of human menus is the principle that foods artificially deprived of their vital elements can not safely be used on the assumption that other foods employed will furnish the necessary vitamins and minerals to replace those that have been artificially eliminated. There is no error of diet theory that needs stronger contravention than this one. It is found constantly in official bulletins and other publications favoring the use of de-vitaminized cereals in bread-making.

This radical misconception of the scientific diet is illustrated in Farmer's Bulletin No. 807, issued as late as April, 1917, from the Department of Agriculture. On page 25 you will find the following (the italics are mine):

"So far as mineral matter is concerned, bread is particularly rich in phosphorus. It should be supplemented, however, by something which contains more lime and iron, especially in the case of children. Milk provides the lime, and fresh fruits and vegetables the iron. If the latter are served in reasonable abundance, *the kind of bread used is not a matter of great importance.*"

As long as the officials who have charge of our food-supply hold such opinions as the one just mentioned, we can not expect

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Chicago

Asparagus With Hollandaise Sauce

Escalloped Tomatoes With Rice

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| 1 Cupful of Rice | 2 Teaspoonfuls of Salt |
| 8 Medium-Sized Tomatoes | A Little Paprika |
| 2 Tablespoonfuls of Sugar | 2 Tablespoonfuls of Oleomargarine or Butter |

Buttered Crumbs

BRUSH a casserole or an earthen dish with oleomargarine or butter, and put in half of the rice, which has been boiled and blanch as usual. Put in a layer of tomatoes, skinned and cut into halves, and sprinkle with sugar, salt and a little paprika; put in the rest of the rice and cover with the rest of the halved-and-seasoned tomatoes. Cover with buttered crumbs; put in the oven and place in a moderate oven to bake for twenty minutes. Uncover and bake until nicely browned.

A cupful of cream sauce flavored with two tablespoonfuls of grated cheese may be poured over the dish instead of using the buttered crumbs to make a pleasant change.

Spinach Goldenrod

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| 1/4 Peck of Spinach | 4 Tablespoonfuls of Flour |
| 4 Hard-Cooked Eggs | 2 Teaspoonfuls of Salt |
| 1/4 Pound of Thinly Sliced Bacon | A Dash of Paprika |
| 2 Tablespoonfuls of Grated Onion | 1 Tablespoonful of Lemon Juice or Vinegar |

CLEAN and boil the spinach as usual. Drain, and save the water. Chop the spinach, and add to it one cupful of sauce. Put in the center of a platter, and put around it the finely chopped whites of the eggs. Above the egg put the crisply fried bacon; in the center of the dish put the yolk of one egg mashed through a strainer. Sprinkle all with paprika.

The sauce is made as follows: Fry the bacon and remove from the pan, keeping it hot in the oven; add the onion to the drippings, then the flour and salt. Remove from the fire and stir until well mixed; then add one cupful of the spinach stock, stirring slowly all the time. Boil for five minutes; then add the yolks of the three eggs rubbed through a strainer. Add the lemon juice or vinegar.

Boiled New Cabbage, Béchamel Sauce

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| 1 Head of New Cabbage | 2 Tablespoonfuls of Flour |
| 2 Tablespoonfuls of Butter | 1 Cupful of Milk |
| | 1 Hard-Cooked Egg |

FIRST cut the cabbage into quarters, removing part of the core, and lay in cold water for thirty minutes; then drain, cover with boiling water, and boil, uncovered, for thirty minutes, or until tender. Drain, put into a tureen and cover with the sauce.

BÉCHAMEL SAUCE: Put the butter into a saucepan over the fire; when melted, add the flour, mix well, and add the cold milk slowly, stirring until smooth and creamy; then add salt, pepper and a little grated nutmeg or grated onion to taste, the finely chopped egg white and the powdered yolk.

Kohl-Rabi

KOHL-RABI is a vegetable which, although not well known, is most valuable. It belongs to the cabbage family; the tops are like cabbage and the bulbs like tender young turnips. It must be cooked while young and tender. The tops may be cooked in the same way as cabbage; the bulbs may be diced and creamed; or the tops and bulbs may be prepared together in this way:

Remove the leaves and put into a saucepan; cover with boiling water, and boil for forty minutes. Peel the turnip-shaped globe and boil in

Boiled Scallions, Cream Sauce

CLEAN and wash the scallions (do not cut off the green), tie in bunches, and boil, uncovered, in salted water for twenty-five minutes. When tender, drain, place on toast and cover with cream sauce made as usual. The water in which the scallions are cooked may be saved for future use.

Summer Squash

WASH, remove the stem and blossom ends, cut into small pieces, put into a saucepan and cover with boiling water. Boil without a cover for twenty-five minutes, or until tender. Drain, mash through a colander; season with salt, pepper and a little butter.

Baked Squash

PARE, and remove the seeds of two medium-sized squashes; cut into thin slices. Brush a casserole with bacon drippings or butter, and put into it the squash, a little salt, pepper and half a cupful of water. Bake in a slow oven until tender. Before serving mix with a fork or an egg whip.

Cucumbers

VERY refreshing is the cucumber when brought in from the garden, washed, pared, sliced and covered with cracked ice or cold water for a few minutes, then drained and covered with a French dressing.

Stewed Cucumbers

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| 1 Quart of Cucumbers | 2 Tablespoonfuls of Flour |
| After Peeling and Cutting in 1-Inch Pieces | 2 Tablespoonfuls of Lemon Juice |
| 2 Tablespoonfuls of Butter | 1 Teaspoonful of Salt |
| | 2 Egg Yolks |

PUT the cucumbers into a saucepan and cover with boiling water; boil without a cover for thirty-five or forty minutes, or until tender; pour into a colander to drain; save the stock. Put one cupful and a half of stock into a saucepan; add soft butter and flour rubbed together until smooth; boil for five minutes, or until thick. Remove from the fire, and add the seasoning and the egg yolks beaten until light; beat well, then pour over the hot cucumbers. Dust the top with paprika. If the cucumbers are very large and have many seeds it is well to remove some of the center.

Stewed Green Sweet Peppers

CUT the peppers into halves lengthwise, then into quarters, and remove all the seeds and white fiber. Soak the peppers in cold water for half an hour, drain, and put into a saucepan. Cover with boiling water; add one teaspoonful of salt; boil for thirty minutes; pour into a colander and drain. Set the colander on a plate and put into a warm oven. Place in a warm dish to serve, pouring over the peppers one tablespoonful of melted butter and sprinkling them with pepper. This is very good with Hamburg steak or with meat loaf, especially if rice is to be served with the meat.

Green Peas

USE one quart, after shelling, of fresh young green peas. Cover with boiling stock in which the pods have been cooked; boil in an uncovered saucepan until tender; add salt and butter to taste. Serve at once. If you like an extra flavor or a change, add a sprig of fresh mint while boiling, or, after boiling until tender, drain and cover with hot milk and season; ing to taste.

AFTER washing the asparagus peel it almost to the tips; tie into a bundle with a four-inch strip of cheesecloth, put into a saucepan, cover with boiling water and boil without a cover until tender. Strain and place on hot toast. Sprinkle with salt. Serve with Hollandaise sauce or melted butter. The stock may be saved for soup.

Stewed Carrots

CUT one quart of carrots into one-inch lengths, then into thin slices. Boil slowly in one quart of rice stock for from thirty to thirty-five minutes, or until tender. Add one teaspoonful of grated onion, two teaspoonfuls of salt, pepper to taste and one tablespoonful of flour mixed with cold water. Boil for five minutes, and add one tablespoonful of finely chopped parsley. The rice stock adds much to the carrots. Add one tablespoonful of butter just before serving.

Creamed Carrots

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| 1 Quart of Carrots | 2 Tablespoonfuls of Flour |
| After Cutting | 1 Cupful of Milk |
| 1 Tablespoonful of Finely Chopped Onion | 2 Teaspoonfuls of Chopped Parsley |
| 2 Tablespoonfuls of Butter | 2 Teaspoonfuls of Salt |
| | A Dash of White Pepper |
| | A Dash of Paprika |

PUT the carrots into enough boiling water to cover them; boil until tender, and drain. Put the butter and onion into a saucepan and cook for one minute; add the flour, mixing well; then add the cold milk slowly, stirring until smooth and creamy; then the salt, pepper and paprika. Add this mixture to the carrots; sprinkle the top with parsley.

How to Boil Lettuce

WASH the outer leaves, and shred half an inch wide; put into a saucepan with a little boiling water; cover for a few minutes until it heats through; then boil for two minutes. Drain and cover with cream sauce. The heart is always best in salads, but sometimes the lettuce does not have a heart and is too coarse for eating raw.

Okra and Tomatoes

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| 1 Quart of Okra | 2 Teaspoonfuls of Pepper |
| 2 Cupfuls of Tomatoes | 1/2 Teaspoonful of |
| 2 Tablespoonfuls of Butter | |

WASH and cut the okra into thin slices. Boil the okra and tomatoes slow out a cover for thirty minutes. Add pepper and butter. Serve around or over rice. Okra is very good in all kinds and may be combined with nearly table.

String Beans and Lamb

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| 1/4 Peck of String Beans | 1/2 Cupful of Flour |
| 1 1/2 Pounds of Neck of Lamb or Stewing Lamb | 4 Tablespoonfuls of Butter |
| 2 Tablespoonfuls of Salt and a Little Pepper | 1 Tablespoonful of Finely Chopped Parsley |

HAVE the meat cut, as for stewing, into eight small pieces; wash in making sure that all splinters are removed; put into a saucepan, cover with two quarts of boiling water, and slowly for one hour. String and cut into one-inch pieces; cover with water for thirty minutes; then drain and add to the meat. Cover and boil for five minutes; add the salt and pepper which has been mixed with water. Boil for five minutes; remove to the center of a platter and the beans and sauce. Sprinkle with chives or parsley.



The banana is not only a higher-power fuel for the body, but it is also rich in desirable salts. The onion has long been considered a valuable food adjunct because of its mineral salts. The banana is even more valuable. An analysis made in the laboratory of the writer gave the following results:

Analysis of Banana Ash			
Silica	2.19%	Soda	15.11%
Lime	1.82	Potash	43.55
Iron oxid.	0.18	Sulfur trioxid	3.26
Phosphoric acid	7.68	Chlorin	7.23
Magnesia	6.45		

That is, the ash is largely made up of the base-forming salts, the carbonates, phosphates, chlorids, and sulfates of potash, soda, and magnesia.

The Banana vs. The Onion

Bulletin No. 7 of the Bureau of Public Health Education of the New York Department of Health says:

"The onion, like most green vegetables, is of value in the diet chiefly for the mineral salts which it contains. It is these and not its protein that make it a valuable addition to bread and meat. Bread and cereals and meat are described by the chemist as having an excess of acid-forming over base-forming minerals. Green vegetables and fruits are of the opposite character, having an excess of base-forming minerals. A proper balance of these two classes of minerals in the diet is essential to health. There is danger at the present time, when vegetables are unusually costly, that the health of the community may suffer from a deficiency of base-forming minerals in the diet. It is important, therefore, to call attention to the fact that apples, bananas, and oranges, which have not greatly advanced in price, may be used as substitutes for vegetables. They contain the same mineral matters in varying proportions. Apples, bananas, and oranges all surpass onions in their excess of base-forming minerals. On Saturday, February 24, 1917, a member of the Home Economics Department of Hunter College, investigated the prices of fruits and vegetables on the upper east side of Manhattan. A few prices, with some other facts, are given below:

	Avg. cost per lb.	Percent refuse	Avg. cost per lb. of edible portion	Food units per lb. of edible portion
Cooking apples	\$.04	25	\$.03	290
Bananas	.04	35	.054	460
Small oranges	.05	27	.0635	240
Onions	.15	10	.1165 (not clear)	220

It is therefore evident that these fruits are all cheaper sources of mineral matter than onions," and it is also clear that on the basis of food value, the banana is nearly a third cheaper.

Old Recipes for Cooking

THE raw, ripe banana is a delicious, not to say a convenient form of food. But that is only one of the ways in which bananas may be eaten. A French missionary who visited the West Indies two hundred years ago described in detail some of the natives' favorite methods of cooking the fruit, and those old-fashioned recipes are still the favorite ones in tropical lands. "Bananas," he wrote, "are baked in their skins if the skins have become dark, but if not, the skins must first be removed. Bananas are roasted on the grill and are then eaten with sugar and the juice of an orange. Or they may be cooked in a stew-pan like pears, with water, sugar, cinnamon, and cloves, or lemon, when they assume a beautiful red appearance and have a delightful and delicate taste and smell, very good *pour la poitrine* and very nourishing. They are sometimes cut into thin slices, dipped into a batter, and fried as fritters. Or they may be preserved like figs and raisins by simply removing the skin, cutting them lengthwise into four, and drying them on a trellis-like stand in the sun or in an oven after the bread has been baked [or in one of the dehydrators now on the market]. The fruit then becomes covered with a white, sugary powder, deposited

Consider the Banana

two. The remnants of yellow which may be left on the skin of a properly ripened banana are clear and bright, and there is not the faintest trace of a green color at the ends. The chilled banana, on the other hand, presents a greenish, unwholesome appearance where it is not blackened.

Since chilling retards the ripening process, housekeepers should never keep bananas in the refrigerator. It will frequently be found necessary to buy unripe yellow bananas from the fruiterer and allow them to ripen at home, but the housewife must take the same precautions against allowing bananas to become chilled as she would against allowing oranges to become frozen.

The actual amount of food material produced per acre in the cultivation of bananas exceeds that of wheat or any other crop. The authority for this statement are the careful computations made by numerous experts. The banana is therefore to be considered not as a luxury but as a very important staple in the food-supply of the world. At the same time, its value should not be misrepresented. It has been hailed as a highly concentrated food and one which contains within itself all the necessary food constituents in perfect proportion. In proof of this assertion, its enthusiasts have pointed to certain states in Brazil where the entire population subsists practically exclusively on bananas, cooked and uncooked. They eat them as fruit, vegetables, and bread, make both a coffee substitute and an alcoholic drink from them. The people of these sections are said to be famous for their physical strength and endurance, and their physical prowess is attributed to their use of the banana. As a matter of fact, it is perfectly true that the banana can be made to serve a great variety of uses, but this does not prove that we need no other foods. The important fact is that the banana offers a rather exceptional food when properly combined with other foods. It has been noted that in those sections of the tropics where the banana is used almost exclusively as a food, the abdominal development of the natives is unusually great, and their large abdomens are attributed to the tremendous amount of fruit which they must ingest in order to obtain sufficient rations.

The Banana and the Potato

OF our common vegetables, the potato compares most nearly with the banana in the composition and proportion of its food elements. About three-fourths of the bulk of each consists of water. The potato contains slightly more protein or muscle-building material and the banana contains a little more of the carbohydrate and fat, or quick energy-producing materials. Compared with wheat-flour, it takes about four pounds of bananas to furnish the equivalent in nutritive value of one pound of wheat-flour.

If we compare the food-value and cost of potatoes and bananas at the present retail price, \$1.00 a peck and 25 cents to 30 cents a dozen, respectively, we shall find that of these two substances which are essentially similar in their analyses, there is a decided advantage in favor of the banana. At present prices (April, 1917) when purchasing bananas, one cent will buy 65.9 calories on the average, while in buying potatoes this sum secures 46.6 calories—a 40% difference in favor of the tropical fruit.

Nutritive Value of the Banana Compared With Other Common Foods

	Banana (Edible portion)	Wheat Flour	Rolled Oats	Potatoes (Edible portion)
Moisture	75.3	12.8	7.7	78.3
Protein	1.3	10.8	16.7	2.2
Fat	.6	1.1	7.3	
Carbohydrate	22.	74.8	66.2	18.
Mineral matter	.8	.5	2.1	1.0

Banana and Nut Salad 1000 Calories

Cut bananas in halves lengthwise and crosswise, or in the shapes of croquets, as preferred. Roll either in mayonnaise or boiled salad-dressing. Place on a bed of heart lettuce and sprinkle generously with chopped walnuts and peanuts.

Baked Bananas de Luxe 616 Calories

6 bananas 1 cupful water

Peel the bananas and scrape off any adhering skin. Place in a casserole, add water and lemon-juice, and bake in a slow oven two to three hours.

Mrs. Charles Boyden, "Summer Rest" Cottage, Madison, Conn.

Banana Pickle 3710 Calories

1 dozen bananas 1/2 teaspoonful ground
2 pounds Bermuda onion 1 pint vinegar
2 1/2 cupfuls molasses 1 pint water
1/2 pint water 1 teaspoonful salt

Cut bananas, dates, and onions into small pieces, add spices, vinegar, water, and molasses, mix well together; turn into a large stone jar or crock, bake in a slow oven till a rich brown, seal in jars while hot.

Mrs. G. F. Clark, Vancouver, B. C.

Banana Butter 1653 Calories

1 lb. banana 1/2 cupful white sugar
1 cupful white sugar 1/2 cupful white sugar
2 eggs

Mash bananas and beat to a pulp with a fork, add butter, sugar, lemon, and the eggs well beaten, put all together in a smooth granite pan, and cook until as thick as custard, stirring constantly. Seal in an airtight jar; it will keep for some time in a cold place. Use as a filling for cakes and pastries.

Mrs. G. F. Clark, 120 21st Ave., W., Vancouver, B. C.

Bananas Baked in Lemon-Juice 1060 Calories

1 large banana, cut in 1/2 cupful sugar
1/2 cupful sugar 1/2 cupful lemon-juice
2 large oranges

Put the bananas in a baking-dish. Remove the thin skin from the sections of orange and put these on top of the bananas (any juice from the orange may be mixed with the lemon-juice); sift the sugar over the bananas and orange. Add lemon-juice and bake slowly for three-quarters of an hour. Serve hot or cold. It is especially good with cold meats.

Mrs. F. P. Vickery, 1455 Undercliff Ave., N. Y. C.

Banana Pie 2350 Calories

3 bananas 1/2 cupful flour
1 cupful sugar 1/2 cupful boiling water
1 tablespoonful butter 1/2 teaspoonful vanilla
2 eggs Flaky pastry

Bake a shell of the pastry. In the meantime cream together the sugar and butter, beat in the egg-yolks and flour, add the boiling water, and cook, stirring constantly until thickened. When the cream is cool, add the vanilla, slice the bananas, put a layer in the pastry-shell, spread with a layer of the cream, lay on another of bananas, and top with cream. Whip the egg-whites with two tablespoonfuls of sugar until fluffy and dry, spread over the pie, and bake until a delicate brown. Those who do not like very sweet desserts will find that a three-quarter cupful of sugar is ample.

Miss Katie Sullivan, 605 W. 184th Street, N. Y. C.

Orange-Pecan Salad 1500 Calories

1 banana 1/2 cupful French dressing
1 orange 1/2 cupful pecan nuts

Remove skin from banana, cut in quarters lengthwise and again crosswise, roll in pecan-meats finely chopped. Peel oranges, cut in slices crosswise, insert a cube of banana in center of each slice. Arrange on a bed of lettuce, sprinkle over remainder of pecans and French dressing. This will make eight portions.

Mrs. M. J. ... Park St., Stockton, Cal.

Use of W. C.



Miss Splint's Fig Pudding and 548 other recipes as good as this one

MISS SPLINT'S STEAMED FIG PUDDING

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|------------------------------|-----------------------|
| 1½ cup Crisco | 1 tsp. baking powder |
| ½ cup sugar | ½ tsp. salt |
| 2 cups fine dry bread crumbs | ¼ tsp. cinnamon |
| 1¼ cups scalded milk | ¼ tsp. cloves |
| 3 eggs | ½ tsp. nutmeg |
| ¼ cup flour | ½ cup chopped figs |
| | ½ cup Sultana raisins |

Cream Crisco and sugar, add bread crumbs and scalded milk. Mix well. Cool. Add beaten eggs. Sift flour, bak-

ing powder, salt and spices together and mix with figs and raisins. Add to the first mixture and stir well. Fill greased pudding mold ¾ full. Cover tightly and steam 3 hours. Serve with whipped cream, hard or custard sauce.

almon

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Oatmeal

Cracked Wh

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| 1¼ cups sifted Swans Down Cake Flour |
| 1¼ teaspoons baking powder |
| ¼ teaspoon salt |
| ¼ cup granulated sugar |
| 4 tablespoons softened shortening |

Sift flour once, measure, add baking powder, salt, and sugar, and sift three times. Add shortening. Combine

Prune-apricot Upside-Down Cake (1 egg)

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|----------------------------------|
| 1 egg, well beaten |
| ½ cup milk |
| 1 teaspoon vanilla |
| 4 tablespoons butter |
| ½ cup brown sugar, firmly packed |
| Cooked apricots |
| Cooked prunes, halved |

egg, milk, and vanilla. Add to flour mixture, stirring until all flour is dampened, then beat vigorously 1 minute.

Melt 4 tablespoons butter in 8 x 8 x 2-inch pan over low flame. Add brown sugar; cook and stir until thoroughly mixed. On this arrange apricots and prunes, alternately, cut-sides up. Turn batter out on contents of pan. Bake in moderate oven (350° F.) 50 minutes, or until done. Loosen cake from sides of pan with spatula. Serve upside down on dish with fruit on top. Garnish with whipped cream. (All measurements are level.)



● RASPBERRY FRUIT SOUFFLÉ . . . Prepare 1 package Royal Gelatin (raspberry flavor), following directions on package. Pour 1 cup of mixture in bottom of mould; chill until firm. Chill remaining gelatin until it begins to thicken; then whip until frothy and thick. Fold in

½ cup stewed prunes (cut in quarters), 2 slices pineapple (cut in cube and ¼ cup shredded blanched almonds. Pour on top of firm gelatin in mould. Chill until firm. If desired, garnish as illustrated. Serves Approximate cost—28¢.

BASKET CAKE

Two-thirds cup butter, 1½ cups sugar, 8 egg yolks, 3 cups flour, ½ teaspoon salt, 4 teaspoons baking powder, 1 cup milk or water, 1 teaspoon orange extract. Method: Cream butter, add sugar and cream thoroughly; and well beaten egg yolks. Sift flour, salt and baking powder together, and blend into egg mixture. When all dry ingredients have been used, beat in liquid, a little at a time, add extract and bake in large layers in (350 deg. F.) oven 30-35 minutes. Cut even hole in centre of top layer—if 3 layers are used, cut out centre of 2 top layers. Frost cake with yellow frosting, and fill centre with candy just before serving. Make handle of any pliable material, winding with ribbon, or use a candy handle, which any reliable candy shop will make to order. Tie large ribbon bow in centre of handle. Insert handle firmly

When thick, add small amount yellow coloring and spread between layers and over top of Basket Cake.

FRIED LIVERWURST SANDWICH Place 2 tablespoons oil in skillet and fry slices of liverwurst until brown. Place between slices of hot buttered toast and serve, garnished with pickles.

FROSTED ROOT BEER

Turn into a tall glass 4½ tablespoons thick cream. Then pour in slowly so that it will not foam up and run over the glass, a chilled bottle of root beer. Top with 1 tablespoon sweetened whipped cream, flavor with lemon and serve immediately. Cracked ice may be added, if desired.

DROP DATE DOUGHNUTS

2 eggs, ¼ cup sugar, 1 tablespoon melted butter, 2½ cups flour, 2½ teaspoons baking powder, ¼ teaspoon nutmeg, 1 teaspoon salt, 1 cup milk, ½ cup dates, cut, 1 teaspoon lemon extract.

Method: Beat eggs thoroughly, add sugar and continue beating. Add melted butter, then sifted dry ingredients alternately with the liquid. Add dates and drop small spoonfuls into hot, deep fat (375 deg. F.) frying until golden brown. Drain on soft paper.

YELLOW FROSTING

Make double boiler frosting, using 4 egg whites, and orange extract.

on account, less 3%.

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CONTRIBUTED BY
MARION HARRIS NEIL

Golden-Corn Tea Rolls

SIFT together one cupful of corn meal with one cupful of white flour, four teaspoonfuls of baking powder and one teaspoonful of salt. Work in three tablespoonfuls of lard or vegetable shortening with the finger tips. Add enough milk and water in equal parts—from three-quarters of a cupful to one cupful to make a biscuit dough. Turn out on a floured board, make into plaited rolls, lay on greased tins and let stand for fifteen minutes in a cool place. Brush over with milk or melted butter and bake in a hot oven for twenty minutes.

Corn-Meal Wafers

- | | |
|-------------------------|----------------------------------|
| 1½ Cupfuls of Corn Meal | 1 Tablespoonful of Melted Butter |
| 1 Cupful of Milk | 4 Tablespoonfuls of Sugar |
| 2 Eggs | 4 Teaspoonfuls of Baking Powder |
| 1 Teaspoonful of Salt | |

PUT the corn meal and milk into a bowl; add the eggs well-beaten, the butter, salt and sugar, and beat for five minutes; add the baking powder, and mix lightly. Brush a baking sheet with butter and put the wafer dough on by spoonfuls, leaving space to spread. Bake in a hot oven until the edges are brown and crisp.

Corn-Meal Soup Sticks

- | | |
|---------------------------------------|------------------------------|
| 1½ Cupfuls of White Corn Meal | 2 Eggs |
| 1½ Cupfuls of Buttermilk or Sour Milk | 1 Teaspoonful of Salt |
| | 1 Teaspoonful of Baking Soda |
| | 1 Tablespoonful of Oil |

MIX the corn meal and milk with the eggs, well-beaten; beat for three minutes; add the salt, baking soda, which has been dissolved with one tablespoonful of hot water, and oil; put into very hot, well-greased bread-stick pans. Bake in a very hot oven until a rich brown.

Baked Hominy Meat Pie, Brown Gravy

- | | |
|---------------------------------------|---|
| 1½ Pounds of Round Steak or Lean Beef | 2 Tablespoonfuls of Cornstarch |
| 4 Cupfuls of Cold Boiled Hominy | 2 Tablespoonfuls of Corn Meal |
| 1 Cupful of Diced Carrot | 2 Tablespoonfuls of Cut Parsley or Celery Top |
| ¼ Cupful of Cut Onion | 1 Tablespoonful of Salt |
| | A Little Pepper |

THE meat is cut into small pieces and put on with four cupfuls of boiling water; after boiling for forty-five minutes, add the onion and the carrot. Boil for thirty minutes. If the water has boiled away, add more (there must be three cupfuls when meat and vegetables are tender). Add the seasoning, and the cornstarch, which has been mixed with cold water, and boil for five minutes; then add corn meal. Put half the hominy into the bottom of a baking dish, then the meat stew and gravy, and cover with the balance of hominy and half a cupful of gravy over the top.

Put in a hot oven for twenty minutes. Sprinkle with parsley and paprika. Serve in the baking dish.

Corn-and-Potato Loaf, Cream Sauce

- | | |
|-------------------------------|--|
| 2 Cupfuls of Canned Corn | 2 Teaspoonfuls of Salt |
| 1 Quart of Potatoes | A Dash of Pepper |
| 2 Tablespoonfuls of Drippings | 2 Eggs |
| | 1 Teaspoonful of Grated Onion or a Little Nutmeg |

TO THE hot mashed potatoes add the corn, the drippings and the seasoning. Beat the eggs until light, keeping one teaspoonful to brush over the top of the loaf. Mix together very lightly. Brush a baking dish with butter; put in the mixture, smooth the top, and brush with egg. Place in a moderate oven and bake for thirty minutes or until nice and brown. Serve with cream sauce made as usual.

Baked Sweet-Potato Custard

- | | |
|---------------------------|--|
| 1 Quart of Sweet Potatoes | ½ Teaspoonful of Grated Nutmeg or Flavoring to Taste |
| 2 Cupfuls of Milk | 1 Tablespoonful of Melted Butter |
| 3 Eggs | 1 Tablespoonful of Corn Meal |
| 1 Teaspoonful of Salt | |

BOIL, skin and put the potatoes through a ricer or a fruit press, or mash through a coarse strainer. Add the milk, the well-beaten yolks of the eggs, the salt and the nutmeg. Beat the whites of the eggs until light; fold in lightly. Brush custard cups or a baking dish with butter and sprinkle with corn meal. Fill with the mixture; bake for from thirty-five to forty minutes in a moderate oven. Serve cold.

Baked Tomatoes With Rice and Cheese

- | | |
|--|---|
| 8 Tomatoes | 2 Tablespoonfuls of Chopped Green Pepper, Parsley or Celery Top |
| 4 Cupfuls of Cold Boiled Rice | 4 Tablespoonfuls of Corn Meal |
| 1 Cupful of Grated Sharp American Cheese | |
| 2 Teaspoonfuls of Salt | |

SELECT large, even-size tomatoes; wash, and cut off the stem ends; remove the centers and place the tomatoes in a colander, cut side down, for twenty minutes. Fill with a mixture made as follows:

Mix the rice, cheese and seasoning together; fill into the tomatoes; sprinkle with corn meal and place on a baking sheet or a pie plate; put into a hot oven for thirty minutes or bake until nice and brown. Serve with tomato sauce made from the inside of tomato, which has been seasoned and thickened with cornstarch.

Holly Cream Cakes

- | | |
|--------------------|---------------------------------|
| ½ Cupful of Butter | 2 Cupfuls of Flour |
| 1 Cupful of Sugar | 2 Teaspoonfuls of Baking Powder |
| 3 Eggs | Citron and Red Candies |
| ½ Cupful of Milk | |

CREAM the sugar and butter; add the well-beaten yolks of eggs, the milk, and the flour sifted with the baking powder. Fold in the stiffly beaten whites of the eggs. Brush gem pans with butter; put half a tablespoonful in each; bake in a moderate oven. Cover with sugar icing and decorate with the citron and candies.

Figs Stuffed With Marshmallows

- | | |
|-------------------------|-------------------------|
| 1 Pound of Pulled Figs | 1 Cupful of Grape Juice |
| ½ Pound of Marshmallows | ½ Cupful of XXXX Sugar |

WASH the pulled figs; put them in the top of a double boiler while wet. Put over the fire and steam for one hour. Take out one at a time and make an incision from the blossom to the stem end. Dip a whole marshmallow into the grape juice and press it into the fig. Close, and roll in sugar. Set on a platter to dry. The marshmallows swell, so the fig is natural size.

Steamed Cranberry Pudding

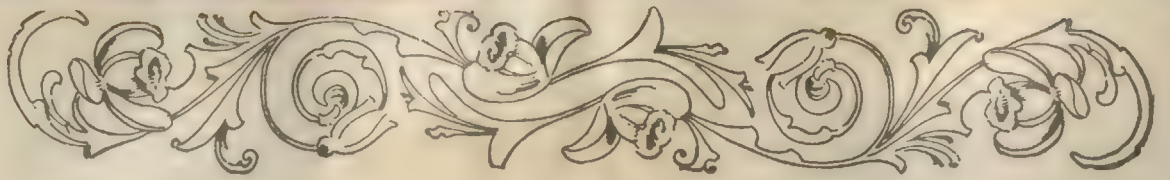
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| 2 Cupfuls of Cranberries | ½ Cupful of Grated Sugar |
| 1 Cupful of Seeded Raisins | 1 Cupful of Flour |
| 1 Cupful of Chopped Suet | 1 Teaspoonful of Salt |
| 1 Cupful of Bread Crumbs | ½ Teaspoonful of Salt |

AFTER the cranberries have been washed, cut them into halves. Then carefully mix all the dry ingredients together, and add enough water to make a stiff mixture. Next brush a mold with butter; put the pudding into the mold and place it in boiling water. In place of a mold, if you do not have one, you may use a small lard pail or a baking-powder can, which will answer very well. Boil the pudding for three hours and a half. Serve with fruit or vanilla sauce.

Christmas Coconut Cakes

- | | |
|------------------------|---------------------------------|
| 2 Cupfuls of Sugar | 4 Teaspoonfuls of Baking Powder |
| 1 Cupful of Cocoa | 5 Eggs |
| 1 Cupful of Cold Water | ½ Teaspoonful of Salt |
| 1 Cupful of Flour | |

SIFT the sugar and the cocoa into a bowl; add the water and stir until the sugar is dissolved. Separate the eggs, beat the yolks and add. Sift the flour, baking powder and salt and add; mix; fold in the stiffly beaten whites of the eggs; mix lightly. Brush muffin tins with melted butter or oil and fill half full. Bake in a hot oven. Remove with a spatula and, when cool, cover with icing made by mixing eight tablespoonfuls of XXXX sugar, four tablespoonfuls of cocoa and one teaspoonful of melted butter. After icing sprinkle the cakes with grated coconut and small red candies.



WOOD AND COAL BUSINESS.

What You Can Do With Hominy

Hominy Grits

TWO cupfuls of hominy grits boiled in two quarts of water. It is best to start the grits in a double boiler while getting dinner; let them boil or, rather, simmer all night; add two teaspoonfuls of salt. Use warm for breakfast; the balance is put into a brick-shaped pan, which has been brushed with a little drippings. When cold cut into quarter-inch slices, fry the same as corn-meal mush and serve with sirup.

Hominy Croquettes

- | | |
|---------------------------|--------------------------------|
| 1 Cupful of Hominy | 2 Teaspoonfuls of Salt |
| 2 Tablespoonfuls of Flour | ½ Teaspoonful of White Pepper |
| 1 Tablespoonful of Butter | ½ Teaspoonful of Grated Nutmeg |
| 1 Cupful of Milk | 1 Egg |
| | Bread Crumbs |

WASH and soak the hominy in the evening in one quart of cold water; drain, put on to boil with two quarts of boiling water, and boil for six hours; add more water if necessary, using two teaspoonfuls of salt. Drain, mix with the cream sauce, and add the nutmeg. Take spoonfuls in floured hands and roll into balls or form croquettes; then dip them in egg (one egg beaten with one tablespoonful of cold milk), then in bread crumbs. Fry in deep hot fat or bake in the oven.

SAUCE: Put the butter into a saucepan and melt it; add the flour; mix well; then add the cold milk slowly, stirring until smooth and creamy; add the salt and pepper, and boil for three minutes.

Fried Hominy Flavored With Ham

- | | |
|---|---|
| 4 Cupfuls of Boiled Hominy | 1 Tablespoonful of Ham Fat or Bacon Drippings |
| ½ Cupful of Left-Over Ham, Chopped Fine | 1 Tablespoonful of Finely Chopped Parsley |
| | Paprika |

HOMINY is to take the place of high-priced potatoes. Put the drippings in a pan; add the cold, correctly boiled hominy; put over a slow fire until heated through (stirring quite often); then add the ham, and fry until both are light yellow. Serve on a hot dish; dust with paprika and sprinkle with parsley. For those who like the flavor of onion one tablespoonful of finely chopped onion is added to the drippings before the hominy is put in the pan.

Hominy With Cheese

- | | |
|--|------------------------|
| 4 Cupfuls of Boiled Hominy | ½ Cupful of Milk |
| 4 Tablespoonfuls of Grated American Cheese | ½ Teaspoonful of Salt |
| | A Dash of White Pepper |

MIX the hominy and three tablespoonfuls of cheese, the milk, salt and pepper together; pour into a shallow pan; sprinkle with one tablespoonful of cheese; put into a hot oven for fifteen minutes. If your oven is not hot you can prepare in double boiler and sprinkle with cheese as you send it to the table. The amount is for four persons.

What You Can Do With Rice

Rice With Cocoa Sirup

BOIL one cupful of rice as usual; blanch; sprinkle with two teaspoonfuls of salt; put into a mold or a bowl, which has been brushed with one teaspoonful of butter; put on a saucer or a plate, press down firm, and set in a cold place for two hours. Turn out on a deep plate or a glass dish, and pour the cocoa sirup around. This makes a very wholesome dish.

Cocoa Sirup

- | | |
|--------------------|-----------------------|
| 2 Cupfuls of Sugar | 1 Cupful of Cocoa |
| 2 Cupfuls of Water | ½ Teaspoonful of Salt |
- PUT the sugar and one cupful of water into a saucepan; place over the fire and boil for five minutes; mix the cocoa with the other cupful of cold water, and add to the boiling water and sugar; boil slowly for ten minutes; add the salt. When cold, fill into bottles.

Rice and Corn-Meal Cakes

- | | |
|---------------------------------|----------------------------------|
| 2 Cupfuls of Cold Boiled Rice | 2 Teaspoonfuls of Salt |
| 1 Cupful of Corn Meal | 2 Eggs |
| ½ Cupful of Flour | 1 Tablespoonful of Molasses |
| 1 Cupful of Milk | 1 Tablespoonful of Melted Butter |
| 4 Teaspoonfuls of Baking Powder | |

PUT the rice, corn meal, flour, eggs and milk into a bowl and mix well. Add salt, molasses, butter and baking powder. Mix and fry on a hot, well-greased griddle.

Rice Dumplings, Fruit Sauce

- | | |
|------------------|-----------------------------|
| 1 Cupful of Rice | 2 Teaspoonfuls of Salt |
| | Peaches, Apricots or Prunes |

WASH and boil the rice as usual; drain, but do not blanch. Have four nine-inch-square pieces of cheesecloth; divide the rice into four parts, place the four pieces of wet cheesecloth on a tea saucer, spread the rice half an inch thick, in the center put half a peach, apricot or prune. Draw the cheesecloth around tight, tie, drop it into boiling water and boil for twenty minutes. Serve with fruit sauce or with sugar and milk. The water in which the rice was boiled is used for the soup and meat gravy.

Rice-and-Nut Loaf

- | | |
|---------------------------|---|
| 1 Cupful of Rice | 1 Tablespoonful of Finely Chopped Parsley |
| 1 Cupful of Peanut Butter | 2 Teaspoonfuls of Grated Nutmeg |
| 1 Cupful of Cream Sauce | 1 Cupful of Bread Crumbs |
| 2 Teaspoonfuls of Salt | 2 Eggs |

WASH and boil the rice as usual, but do not blanch; put it through a meat chopper; add the peanut butter, thick cream sauce, salt, parsley, nutmeg, three-quarters of a cupful of bread crumbs and one well-beaten egg; mix all together. Shape oblong. Four tablespoonfuls may be left out and, with the hand, shaped like legs and wings and placed on the sides of the loaf, to represent a duck. Beat one egg with one tablespoonful of milk, and cover the loaf; dust with bread crumbs. Brush a shallow pan with butter or with oil, and place the loaf in the center of the pan; bake in a moderate oven for thirty-five minutes. Serve with cream or with tomato sauce.

How You Can Use Macaroni

Baked Tomatoes With Macaroni

- | | |
|------------------------------|--|
| 8 Large Tomatoes | 1 Teaspoonful of Salt |
| 4 Cupfuls of Boiled Macaroni | ½ Teaspoonful of Paprika |
| 1 Cupful of Grated Cheese | 2 Tablespoonfuls of Finely Chopped Celery Tops |

TAKE smooth, even-sized tomatoes. Wash and cut off the stem ends. Remove the centers carefully so as not to break the shells. Fill with the macaroni, which has been mixed with cheese, celery and seasoning. Have the macaroni rounding on top; sprinkle with a little cheese; place on pie tins or in a shallow pan and bake in a moderate oven for over thirty minutes, or until light brown. The tomato that has been removed from the centers is used for the soup; or may be stewed and served around the baked tomatoes.

Macaroni With Raisin Sauce

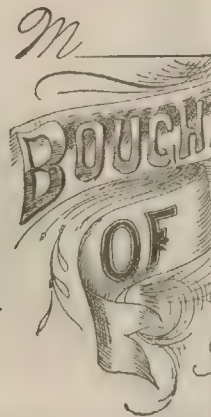
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| 2 Cupfuls of Elbow Macaroni | 6 Tablespoonfuls of Sugar |
| 1½ Teaspoonfuls of Salt | 2 Tablespoonfuls of Cornstarch |
| 1 Cupful of Seeded Raisins | 2 Teaspoonfuls of Cinnamon |

THE macaroni is boiled and blanched as usual, and dusted with one teaspoonful of salt. Put the macaroni in the center of the dish and the raisin sauce around. Garnish the top of the macaroni with a few whole raisins.

SAUCE: Wash and dry the raisins; put them through a food chopper, and then into a saucepan; add one cupful of water, and boil for ten minutes. Add salt, sugar, and cornstarch which has been mixed with a little cold water. Boil for three minutes; add the cinnamon, or it may be dusted over the macaroni.

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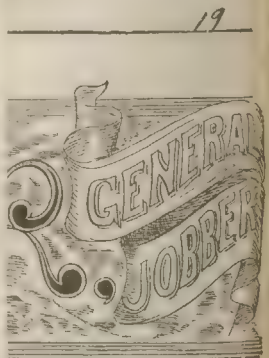
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Pittsburg Potatoes

- 1 quart potatoes, diced
- 1 small onion
- 1/2 lb. mild cheese grated
- 1/2 teaspoonful salt
- 1/2 can pimientoes
- 4 tablespoonfuls butter
- 4 tablespoonfuls flour
- 2 cupfuls milk
- 1/4 teaspoonful pepper

Wash and pare potatoes, cut in half-inch cubes. Put in a stewpan, add onion chopped fine, and pour boiling salted water to cover over all. Bring to the boiling-point and let boil five minutes. Add pimientoes drained and dried on a towel, and cut in thin strips; again bring to the boiling-point and let boil five minutes. Drain and put in a buttered baking dish. Melt the butter, add the flour, and stir until well blended; then pour the milk on gradually, stirring constantly. Bring to the boiling-point and add the cheese grated and the seasoning. Pour sauce over potatoes and bake in the oven until brown.

Mrs. Henry L. Murray, Charlestown, W. Va.

Date Doughnuts

- 1 cupful sugar
- 1 tablespoonful melted butter
- 2 eggs
- 1/2 teaspoonful vanilla
- 1/2 teaspoonful soda
- 1 cupful sour milk
- 1 teaspoonful baking powder
- 1/4 teaspoonful nutmeg
- 1/4 teaspoonful cinnamon
- 1/2 teaspoonful salt
- Pastry flour
- Dates

Stone and halve the dates. Cream butter and sugar together, add eggs well beaten, vanilla, sour milk with soda added to it, and two cupfuls pastry flour mixed and sifted with spices, salt, and baking powder. Add enough more flour to make a soft dough. Roll one-quarter inch thick and cut with round cutter as for cookies. Place half a date on one side and lap over the other side; press edges together; fry in hot deep fat. Roll in powdered sugar.

Mrs. F. W. McIntosh, 715 West 16th Street, Des Moines, Ia.

Spiced Nuts

Use equal quantities of peanuts (preferably raw) and almonds. Blanch and fry in hot deep fat until brown. Sprinkle over them a mixture of salt and spices used in the proportion of one part salt to two parts of mixed spices.

Mabel Lorenz Ives, 220 East Meade St., Chestnut Hill, Phila., Pa.

Afternoon Tea Cakes

- 2 cupfuls flour
- 1/2 cupful brown sugar
- Milk
- 1/2 cupful butter
- 1/4 teaspoonful salt
- 1/2 cupful walnut-meats
- 1/4 teaspoonful lemon-extract

Mix and sift flour, sugar, and salt. Work the butter into the first mixture, using the tips of the fingers. Add just enough milk to allow the mixture to be rolled. Roll to one-third inch thickness, cut in any desired shape, and place walnut-meat on each. Bake in a slow oven until brown.

Mrs. James E. Tufts, Sherrill, N. Y.

Eggless Boiled Salad Dressing

- 3/4 teaspoonful mustard
- 1 teaspoonful salt
- 1/2 teaspoonful pepper
- 3 tablespoonfuls vinegar
- 1/2 teaspoonful celery-salt
- 1 tablespoonful flour
- 1 scant tablespoonful sugar
- 1 cupful cream

Mix dry ingredients and add cream. When smooth, turn in boiling vinegar and cook till smooth and creamy. If inconvenient to use cream, three-fourths cupful of milk and a fourth-cupful of melted butter may be used instead.

Mrs. A. H. Coar, 106 Nonotuck St., Holyoke, Mass.

Rhode Island Johnny-Cake

- 1 cupful home-ground corn-meal
- 1 teaspoonful sugar
- 1 teaspoonful butter
- 1/2 teaspoonful salt
- About 1 cupful boiling water
- 2 tablespoonfuls milk

Scald the meal with the boiling water, beating till of the consistency to drop from a spoon, yet remaining stiff. Add the other ingredients and drop from a spoon onto a hot griddle. Cook slowly till brown, turn, and serve for breakfast or luncheon with sirup or melted jelly.

Mrs. W. L. Eaton, Concord, Ma

Taffy Pudding

- 1 cupful whole pearl tapioca
- 1/2 cupful vanilla flavoring

Soak tapioca overnight well-covered with water. In the morning drain, and add sugar and vanilla. Cook in oven, using double cooker; keep covered. Cook for three to four hours until tapioca is clear, and pudding is like taffy. Serve cold with whipped cream.

Mrs. L. E. Laybourne, 705 Woodlawn Ave., Springfield, O.

Dinner

- Chicken-Stew with Carrots and Potatoes
- Peas
- Hot Baked Bread
- Light Custard

Supper

- Letting Milk Soup
- Thin Slices
- Cream Crackers and Jelly

Snack-Breakfast

- Baked Apple
- Flaked Milk Toast with Yolk of Egg
- Hard-Cooked Egg Grated Over It

Dinner

- Dried Chicken Served Cold
- Milk Gravy
- Boiled Rice
- Hot Lettuce
- Apple Pie
- Light Custard

Supper

- Bread and Butter
- Milk Toast with Cold Chicken
- Flaked Milk

SIX FEBRUARY MENUS FOR ADULTS

Breakfast

- Sliced Banana
- Ready-Cooked Cereal
- Whole Milk
- Plain Omelet
- Rhode Island Johnny-Cake
- Coffee

Lunch

- Esau's Pottage
- Crisp Crackers
- Date Doughnuts

Dinner

- Mutton Balls, East India
- Tomato Sauce
- Sliced Corn
- Rolls
- Apple Dumpling
- Coffee

Breakfast

- Grapefruit
- Calf's Liver and Bacon
- Graham Muffins
- Coffee

Lunch

- Cheese Pudding
- Rolls
- Grape Jelly
- Cocoa

Dinner

- Crown Roast of Lamb
- Pittsburg Potatoes
- Corn and Salad
- Taffy Pudding
- Coffee

Breakfast

- Pineapple
- Fruit with Cream
- Egg-Cooked Shell
- Coffee

Lunch

- Thin Fried Croquettes
- Vegetable Salad
- Apple Pie
- Coffee

Dinner

- Chicken Soup
- Boiled Potatoes
- Corn and Beans
- Crisp Crackers
- Waffles
- Coffee

Breakfast

- Omelet
- Boiled Potatoes
- Coffee

Lunch

- Luncheon Pie
- Thin Baking Potatoes
- Baked Apple Loaf
- Coffee

Dinner

- Consommé
- Roast Beef
- Potatoes and Nut Croquettes
- Spinach
- Apple Tapioca with Whipped Cream
- Coffee

To Use Left-Over Mutton

- 1/2 cupful onion
- 1/2 cupful water
- 1/2 cupful mutton
- 1/2 cupful butter
- 1/2 cupful salt
- 1/2 cupful pepper

Slice onions and lay them in the bottom of a saucepan; add the lemon-juice. Lay the cold mutton, cut in slices, on this bed of onions and cover the saucepan tightly. Cook one hour over a very slow fire. Then add the butter rolled in flour, Worcestershire sauce, curry-powder, and seasoning. Cook five minutes longer and serve.

Miss M. J. Crosby, 137 Newton St., Boston, Mass.

Golden Lemon Cream

- Juice of 4 lemons
- Grated rind of 4 lemons
- 6 egg-yolks
- 1 cupful powdered sugar
- 2 cupfuls granulated sugar
- 1/2 cupful milk

Cook together the granulated sugar, butter, egg-yolks, and lemon-juice and rind until thick. Stir constantly while cooking. Cool, add the salt and powdered sugar. Beat till thick and waxy. Use as filling for cakes, wafers, or sandwiches. It will keep a week. This is sufficient filling for two cakes.

Mrs. Fred W. Graeber, Mineral Point, Wis.

Lumberman's Pea Soup

- 1 pint dried green peas
- 1 pound salt pork
- 1 onion, minced
- 3 quarts boiling water
- 2 tablespoonfuls flour
- 1 teaspoonful summer savory
- 1/2 cupful sage
- Salt and pepper to taste

Wash peas, soak overnight in water to cover, then drain. Wash the salt pork, scrape the rind, and add pork to the peas, together with onion and water. Simmer until the peas are tender, about seven hours, replenishing the water if necessary to keep the quantity about two quarts. If prepared in a fireless cooker use two quarts of water, set on a very hot radiator, and let stand overnight. Cook longer if necessary. When the peas are tender, rub through a colander, add the herbs, salt, and pepper to taste, and thicken with the flour moistened with milk or water. Boil five minutes and serve. If too thick, thin with hot milk. The pork may be scored into half-inch squares, baked until translucent and brown, and then served with prepared mustard. A ham-bone with a little ham-fat on it may be substituted for the salt pork.

Mrs. A. T. Hinkley, 548 5th St., Niagara Falls, N. Y.

Sausage Loaf

- 1 1/2 pounds sausage meat
- 1/4 cupful stale bread-crumbs
- 1 egg
- 1/2 cupful onion
- 1/2 cupful salt
- 1/2 cupful pepper

Slightly moisten the stale bread-crumbs. Beat the egg, combine the two, and work in the sausage meat, which should be highly seasoned. Form in a loaf, dust thickly with the dried bread- or cracker-crumbs on top and sides, and bake three-quarters of an hour in a hot oven.

Mrs. L. H. Caldwell, 61 Wicopee St., Boston, N. Y.

Ginger-Ale Salad

- 1 cupful of diced, canned pineapple
- 1 cupful chopped grape-fruit-pulp
- 1 cupful blanched shredded almonds
- 1/2 cupful package grapes if convenient
- 1 cupful ginger ale
- 2 tablespoonfuls gelatin
- 1/2 cupful sugar
- 1/2 cupful lemon-juice

Soak the gelatin for five minutes in a half-cupful of tepid water, then dissolve it over steam; combine the fruit, nuts, salt, and pepper. Stir in the ginger ale, reserving one-fourth cupful to mix with the gelatin; then add the latter. Pour into individual molds and when stiff serve with lettuce and mayonnaise.

Mrs. R. S. McElwee, Statesville, N. C.

Hangtown Fry

- 1/2 cupful onion
- 1/2 cupful water
- 1/2 cupful mutton
- 1/2 cupful butter
- 1/2 cupful salt
- 1/2 cupful pepper

Fry the sausage rings until medium brown. Put in the oysters, and when the edges curl, stir in the eggs and cook until they are set. Stir as for scrambled eggs. This is an excellent chafing-dish recipe.

Mrs. Harry Bigelow, Tarpon Springs, Fla.

A Correction

To the list of ingredients in "Shrimp à la De Soto," recipe for which was printed in the November, 1916, issue, one clove of garlic should be added. With this addition, the recipe is correct.

Business College Merchandise.

1 Wood and Coal.

13 Tons Ham. Coal @ \$11.25

Business College Merchandise

2 Wood and Coal.

14 Tons L. Coal @ \$10.

Business College Merchandise.

3 Wood and Coal.

25 Cds. Beech @ \$3.75

Business College Merchandise.

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ON THIS page will be found several other French recipes, contributed by readers of the French Delineator some of which are set forth on page 1 of this issue of our magazine. All have been tested and not found wanting in excellent qualities.

War Cake

- | | |
|------------------------------------|---------------------------------------|
| 1 cupful granulated sugar | 1 egg |
| 2 teaspoonfuls cocoa | 1 or 2 teaspoonfuls powdered cinnamon |
| 2 cupfuls milk | |
| 3 cupfuls flour | 1 teaspoonful baking soda |
| 1 tablespoonful melted grape jelly | Nuts |

TAKE the granulated sugar and add to it the egg. Then beat together and add the cocoa, cinnamon and the fresh milk or cream. Add the milk or cream very slowly. Mix in the flour. Dissolve the bicarbonate of soda in one tablespoonful of melted grape jelly.

Butter a high baking-pan, as this dish bakes better in a high pan than in a shallow one.

Shell some nuts and put them over your cake. This dessert is inexpensive and will keep for several days.

B. SIMMEN, Ruschlekom, Switzerland.

Stuffed Cauliflower

- | | |
|--------------|----------------------|
| Cauliflower | Grated cheese |
| Bread-crumbs | Minced parsley |
| 2 eggs | Salt, pepper, butter |

COOK the cauliflower in the usual way in salted water. When it is cooked, drain it, taking care not to break it.

Separate the branches and put them aside. Butter a mold with melted butter and sprinkle it with bread-crumbs. Put each branch, head down, in the mold, side by side. Crush the remainder of the cauliflower with a fork and mix it with a little grated cheese, two well-beaten eggs, minced parsley, salt and pepper. Pour this in the mold over the branches of the cauliflower, sprinkle with fine bread-crumbs, pour over some melted butter and put in the oven for half an hour. Then take it out. Put in a serving-dish, and pour over it a white butter-and-flour sauce (using milk or water) or tomato sauce. It can be served without any sauce.

MADAME BUISSON, Neuilly, France.

Chicory with Cheese

- | | |
|------------------|----------------------|
| 2 pounds chicory | Pepper, salt, nutmeg |
|------------------|----------------------|

CUT off the stems and put the chicory in salty boiling water for twenty minutes. Drain, cool and chop it fine; add salt, pepper, a little grated nutmeg. Make into medium-sized balls and place them in a baking-dish. Pour over them some white sauce with grated cheese. Put in the oven to brown. This recipe will serve four people. MADAME LEA REUBRECHT, Blangy-sur-Bresle, France

The "Farcement"

- | | |
|---------------------|------------------------------------|
| 6 or 8 potatoes | 3 1/2 ounces prunes |
| 2 ounces raisins | 1 tablespoonful melted grape jelly |
| Cherries | |
| 1 teaspoonful flour | 3 1/2 ounces bacon |
| 1 pear | Sugar |

GRATE the raw potatoes, and a large pear, if you like. Add the raisins, prunes without the pits, and some dry cherries. Flavor with a spoonful of melted grape jelly, adding a spoonful of flour and a little sugar. Cut the bacon in small pieces, fry, and when they are crisp, add to the prepared mixture, stir well and pour into a well-buttered pipe mold. Put a piece of cloth between the mold and the cover. Put the tightly-closed mold in a pot of boiling water, and steam about three hours.

Meat-Balls of the Entente

- | | |
|----------------|-----------------------|
| 1 pound veal | Parsley, small onions |
| 1/2 pound pork | Salsify roots |
| Bacon | 1 teaspoonful flour |
| 1 clove garlic | Thyme, salt, pepper |
| 2 eggs | |

PUT the veal and fresh pork, a piece of fresh bacon, garlic, parsley and onions through a meat-chopper, season with salt and pepper, mix well and thicken with two whole eggs. With this make round-shaped balls, roll them in flour, then in a beaten egg, and fry in deep boiling lard.

Peel the salsify and cut in pieces of equal length without slashing them; put them in a saucepan with the fried meat-balls, adding a heaping teaspoonful of flour, a small sprig of thyme and salt. Cover this with hot water. All the water must be absorbed after an hour of cooking. Bring this to a boil and finish cooking on a slow fire.

When ready to serve, place the balls around the dish with the salsify piled in a pyramid shape in the center.

MADAME M. MONGE, à la Tuilerie, France.

Apple Pudding

- | | |
|------------------|----------------|
| 1 pound potatoes | Sugar, vanilla |
| 1 pound apples | |

TAKE the potatoes and cook them in water (do not add salt). When they are cooked mash them thoroughly. Peel and cut in pieces the same amount of sour Winter apples. Cook them in a saucepan, with very little water, on a low fire until well done; sugar and flavor with vanilla.

Butter a baking-dish. Put the potatoes in it while they are still warm; add the stewed apples. Put in the oven for half an hour. Serve hot.

MADAME MARTIE PERDOUX, Vienne, France.

Fritters Without Eggs or Milk

- | |
|------------------------|
| 2 pounds potatoes |
| 3 tablespoonfuls flour |

BOIL the potatoes. When cooked peel and mash them and sprinkle with salt. Then knead, adding some flour to obtain a very firm dough.

Roll out the dough one-eighth of an inch thick with a rolling-pin, and cut in pieces the size of a silver dollar; roll in flour

and fry in very hot fat.

Take them out, sprinkle with paprika pepper and serve while hot.

MADAME PAULE LOCHON, Meudon, France.

Red Cabbage with Chestnuts

- | | |
|---------------------------------|--------------------------------|
| 1 cabbage | 1 tablespoonful pork fat |
| 1/2 glassful melted grape jelly | Pepper, salt, French chestnuts |
| 1/2 cupful water | |

TAKE a nice red cabbage and wash it without taking off the leaves. Cut in slices as thin as possible.

Put it in a saucepan with the pork fat, melted grape jelly, and the water; add salt and pepper. Cook on a very slow fire.

At the same time boil some French chestnuts; take off the skin and add them to the cabbage. Cook all slowly for about two hours until the liquid has evaporated.

MADAME JEANNE LAPIS, Bordeaux.

Fritters of Very Small Fish

- | | |
|------------------------------|--|
| 1 pound of fish | Salt and pepper |
| 1/2 soup-portionful of flour | Hashed garlic and parsley (if desired) |
| 3 eggs | |

SEPARATE the yolks of the eggs from the whites, and put the first in a shallow dish; beat as you would for an omelet. When they are well beaten, mix with it, little by little, the flour, then salt, pepper, the hashed garlic and parsley, and fish. Last add the whites beaten to a froth. Then pour spoonfuls of this mixture in boiling oil.

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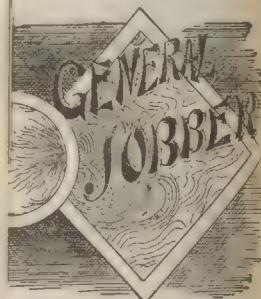
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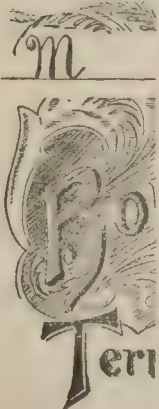
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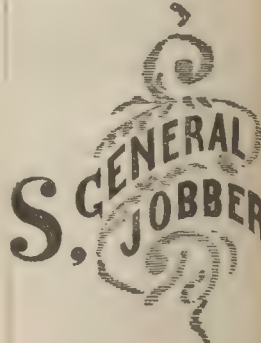
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02

VEGETABLE CANNING FOR WINTER

CLEANLINESS, as we all know, is the first essential to success in canning vegetables; it is the one great protection against bacteria, yeast and molds, the tripartite enemy of the housewife in her busy season.

See first that the jars are clean, the rubbers whole and in perfect order—never use old rubbers for vegetables—and the tops sterilized and ready to screw on. Fill the jars with hot water half an hour before using, and have them ready on the table, with room beside them for the kettle, a dish-pan full of water, and the cans; also a deep plate pan large enough to hold two cans, a spoon, an earthen cup with a handle, a can-filler—which can be purchased for five or ten cents—and a small tin strainer.

The utmost speed is needed in filling. Fill to about half an inch from the top, as any vegetables sticking above the liquor will be apt to spoil. Screw the tops down at once. When cold, screw tighter, wrap in paper and place in a cool, dry place.

Vegetables prepared for Winter by any of the following methods will be very palatable and nutritious.

Scientists claim that if we are to be healthy and live long our science of cooking must involve a great deal besides chemistry and physics. They assert that the seasoning of our food should have nutritive as well as esthetic value; so the utmost care should be exercised in planning, preparing and serving the daily menu. Even though the fresh vegetables are out of season, one may, at a small outlay of money and labor, supply these essentials from the pantry shelves.

Nearly all vegetables after being gathered for pickling should be put in salt and water, for if put directly in the vinegar they do not make good pickles. They should remain in this solution several hours at least, and are better if left standing overnight and drained next morning. One pound of salt to two quarts of water is the rule, or the vegetables may be put in one pint of vinegar and two of water. After removing from the salt and water they need a great deal of soaking, in order to freshen and plump them. Change the water frequently. Soft warm water will hasten this process.

Canned Asparagus

ASPARAGUS is one of our most popular vegetables, whether served on toast or as a salad; its composition is peculiar to itself, containing high proportion of tissue-forming substance, as compared with heat-producing.

For canning it must be fresh, washed carefully, and put up at once. Peel the butts and cut off all hard portions, cover with boiling salted water, and boil fifteen minutes. When cool, arrange in wide-mouthed jars, butts down. Fill the jars with cold water, adjust the rubbers, and put the tops on loosely; then stand in a patent steamer, or place on blocks of wood in a large steamer. Unless the bottom is protected by a rack, surround the jars partly with cold water, cover and boil steadily for one hour, one jar at a time, and screw down the lid. Replace in steamer for another hour. The lids should be solid, either glass or other material, without lining.

Beets and Carrots

CARROTS contain digestive properties in the form of pectic acid, which, acting on the other foods eaten with it, aids in dissolving them and so promotes digestion. They are also a good blood purifier, and a welcome addition to meat stocks or stews and soups with vegetable foundations.

After they have been washed, scraped and cut into thick slices or cubes, place in a kettle and cover with salted boiling water. Cook until tender (about thirty

DO NOT hesitate to write Maria Lincoln Palmer questions about canning and preserving, food-values, and culinary problems dealing with menus and recipes. Enclose self-addressed, stamped envelope.



The science of modern cooking involves a great deal besides chemistry and physics.

minutes), fill into glass jars, cover to overflowing with the boiling water in which they cooked, and seal at once.

Beets have been recognized for some time as a blood-making food, the ordinary beet containing about ninety or ninety-five per cent. of water, a little sugar and a small per cent. of other matter. In Europe the sugar beet is the principal source from which sugar is derived. To can them for Winter use, so they will be as nice as fresh ones, select small beets and cook them until tender. Prepare vinegar weakened with water, slightly sweetened with light-brown sugar, a few allspices and a little salt. Have jars hot, fill with the beets, pour over the hot vinegar, and seal.

Canned Sweet Pepper

REMOVE the seed-pods and tough white substance from green and red sweet peppers, slice and place in a pan, pour over them boiling water, and let stand three minutes. Drain and drop into iced water, with ice in it. Repeat this three times, drain from iced water, and fill jars. Make a sirup of vinegar diluted with water, and sweeten to taste. When cold pour over the peppers and seal. If put on warm, it will fade them; this plumps them, preserves their color, and they may be served separately, as a garnish for meats and salads, or with celery, meats, etc., as a salad.

To Prepare Tomatoes

SELECT whole, firm, round, medium-sized tomatoes, just ripe; wash but do not remove the skins. With a sharp knife remove a piece about the size of a dime, where the stem is attached. Place in a bread-pan and put inside the oven to heat through until steam can be seen arising from center. Pack in tin cans, but do not mash; allow three or four to a quart can. Fill cans at once to overflowing with boiling water, slip on the top, and seal with wax strings. Prepare only a few at a time.

These are delicious, chilled, peeled and

served whole, filled with mixed diced celery, cold meats, or nuts and mayonnaise dressing. They can also be baked whole, filled with buttered bread-crumbs and pork.

To fry, cover with crumbs and brown, and serve with a cream dressing.

Tomatoes to escalloped or for soups may be canned. Pour boiling water over them, let stand three minutes, then remove the skins, place fruit in a kettle and to each gallon add a large tablespoonful of sugar and a half-tablespoonful of salt. This causes them to retain a bright color as well as makes them keep better. Cook till tender, then fill glass jars, and seal at once.

Beans and Corn

STRING-BEANS are highly nutritious and are especially recommended as a staple article of diet. String the beans, wash well, and measure. Place in a kettle and cover with water; cook until tender but not soft. About ten minutes before taking out, add two tablespoonfuls of vinegar and one of salt to each gallon. Fill sterilized glass jars nearly full, cover to overflowing with the boiling liquor, and seal at once. When opened to use, wash with cold water, and let stand a few minutes before heating.

Corn is one of our most nutritious foods and is served stewed, escalloped, in fritters, or in any of the various ways to which it lends itself. To can sugar corn, select the tender ears, shuck and remove the silks with a brush; then with a sharp knife cut from the cob, and measure. To each seven pints of corn allow one pint of sugar and half a pint of salt. Place all in a kettle and cover well with water, cook till tender, then fill jars to half an inch from tops, run over with boiling water in which it cooked, and seal.

Corn in brine for soups, fritters, etc., where only small quantities at a time are desired, is a great convenience and can be saved, a little at the time, often "left over" on the cob. Boil on the cob until done, cut off, and pack in a stone jar, first a layer of corn then a thin layer of salt, continuing this process until the jar is filled. The top layer must always be salt. When full cover closely with a cloth across top, then fasten the lid to make the jar airtight.

When ready to use, take out the night before and soak in cold water.

Tomatoes, Corn and Lima Beans

IN SEPARATE vessels cook as much as desired, allowing one quart of lima beans and one quart of corn to two quarts of tomatoes. When all are done, add two teaspoonfuls of sugar and one of salt to the tomatoes, then the corn and beans, and cook all together for fifteen minutes. Fill jars to overflowing and keep in a cool, dark place until they are to be used.

Tomatoes with Mustard Dressing

CUT one peck of tomatoes, each into three slices, and pack into a large-mouthed jar with salt sprinkled between, allowing a small cupful to a peck. Make a dressing of two boxes of French mustard, one pound of brown sugar, a small bottle of salad-oil, one red and one green pepper cut fine, one teaspoonful of black pepper, a handful of grated horse-radish, and a half pint of cider vinegar. Mix into a paste and pour over the tomatoes. Cover well.

Canned Cucumbers

PEEL and slice thin medium-sized cucumbers; sprinkle with salt and a little alum; let stand two hours; drain and put in jars, adding vinegar enough to cover, pepper and a few whole mustard-seeds. When ready to seal, place a dessertspoonful of olive-oil on top of each jar.

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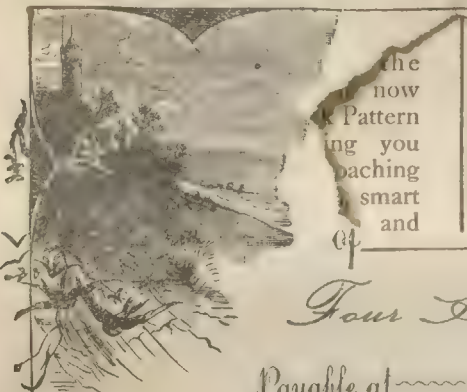
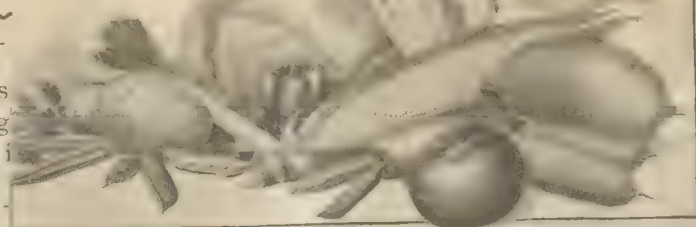
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Cooking in a Hot-Cold Bottle

When Fish Begin to Run

UNLESS used in the feeding of infants or invalids, the family hot-cold bottle is likely to stand unused most of the time awaiting a long-delayed picnic or a never-to-happen auto trip. "But if the manufacturers have made their products to keep liquids scalding hot for twenty-four hours, whose fault is it if the purchasers do not put this virtue to account? Why not put this bottle to a test and see if it can be a utility as well as a convenient luxury? If it can maintain a scalding temperature for such a length of time, why can it not cook? It must be made to answer that question." So reasoned a young housekeeping bride, who had determined to continue her newspaper work after marriage and found that the preparation of a six-o'clock dinner seriously interfered with copy writing.

Confident that she had evolved a "scoop" for the household column, she went to the kitchen, took the pint hot-cold bottle from the tiny picnic hamper and began her experiment. It was nine by the kitchen clock. There were carrots asking to be cooked, so she peeled them and cut them into straws as small as macaroni, boiled them for ten minutes in salt water, as she had seen food prepared for a fireless cooker, heated the bottle with boiling water, and consigned the carrots to an inexperienced but willing cook.

Six o'clock found her running into her kitchen to put on the kettle, mix her salad, cut cold meat, bread and cheese, and then to heat a small vegetable dish and to melt butter. When all was ready she went with a trusting heart and opened the hot-cold bottle, drained off the scalding water, emptied the carrots into the hot dish, and poured melted butter over them, with a sprinkle of pepper—and the experiment was ready to pass the board of censorship.

"Are these canned carrots?" he asked, holding an inquisitive spoon above the dish.

"No, they are bottled," answered the defendant, and then the story could be kept no longer.

The bottle had performed its task most nobly and fully justified the confidence that had been placed in it, for the carrots not only were thoroughly done, but much sweeter than when cooked in a kettle.

The man of the house went to the kitchen and carried on a mock examination, which he said was satisfactory in every detail; he also said that he thought he smelled a halo of carrot fumes hanging around the cork, which further substantiated his wife's most unusual claims.

Every day for weeks succeeding the remarkable discovery brought a

new problem for the bottle to solve. It showed a decided fondness for cereals and green vegetables. Gruels were its specialty, and the long, slow cooking which they demanded was done with such thoroughness and success that "First Aid to the Home Nurse" was the title under which various gruel recipes were jotted down.

Both cream and meat stock soups were found well adapted to this method of cooking. Vegetables in cream sauce retained their flavors to a marked degree.

Chocolate in which the recipe calls for long cooking in a double boiler developed a wonderful richness when kept in the bottle for nine hours.

Here are three of the many dishes she cooked successfully:

VEGETABLE SOUP. Bring two cups of soup stock to the boiling point; add three heaping tablespoonfuls of finely chopped cabbage, two of potatoes, one of carrots, and one of rice which has been soaked half an hour in warm water, one small onion sprout and half a teaspoonful of powdered celery. Boil for ten minutes, and add salt and pepper.

RICE PUDDING. Soak three scant tablespoonfuls of rice in half a cupful of warm water one hour. Add one cupful and a half of milk, two scant tablespoonfuls of currants, three tablespoonfuls of sugar, one teaspoonful of butter, pinch of salt, and grated nutmeg. Boil five minutes; pour into bottle; shake gently before placing on side. Measurements level unless stated otherwise.

CORN-MEAL GRUEL. Two heaping tablespoonfuls of corn meal, one of whole-wheat flour, half a teaspoonful of salt, two cupfuls of water. Boil the water; add the salt, and then the meal and flour, made into a smooth paste with cold water. Boil ten minutes before pouring into bottle.

These foods were prepared and put into the bottle at nine A. M., and were just right for the evening meal.

The greatest possible haste must be made in conveying the boiling food into the scalding-hot bottle, that the temperature of the mass may not fall too low for cooking. It is best to use a heated funnel and cork. Screw on the cap and roll the bottle in several thicknesses of newspaper, turning back the ends and fastening them with rubber bands. Lay the bottle on its side in order that the solid food and liquid may come into more equal contact than when the bottle stands on end. Shake the bottle gently before opening. The cork should be boiled after each using.

DELPHINE HARRIS COY.

PERHAPS there is nothing so difficult to cook well as fish, its delicate flavor is so easily lost, and its light, creamy flakiness so quickly destroyed.

Boiling is best suited to large, uncut fish or to thick pieces of fish, such as salmon, cod and halibut.

All fish, with the exception of salt fish, should be put into water that is very hot, but not bubbling hard, and salted in the proportion of one ounce of salt to one gallon of water, and two tablespoonfuls of vinegar or lemon juice to the same quantity. The acid is added to make the flesh of the fish white and firm.

Always weigh the fish before boiling, so as to judge the time it will require to cook. From eight to ten minutes to the pound, and eight to ten minutes over, is a good average.

COLLARED TROUT. Wash, clean and dry six small trout; split them down the back and remove the bone; sprinkle them with a little powdered mace and salt and pepper; roll them up tightly, place them in a fireproof dish with three bay leaves, pour over them one cupful of vinegar, one teaspoonful of meat extract dissolved in one cupful of hot water; cover with buttered paper, and bake in a slow oven for three-quarters of an hour.

FLOUNDERS À LA PARISIENNE. Skin and fillet two flounders; season with salt, pepper and lemon juice, and roll up each fillet. Melt three tablespoonfuls of butter in a fireproof dish, place in the fillets of flounder, and sprinkle over with finely chopped onion and two teaspoonfuls of finely chopped parsley. Add one cupful and a half of white sauce; then cover the dish, and cook the fish slowly for twenty minutes. Just before serving add a pat of butter, divided into small pieces, and shake the dish so as to dissolve the butter more quickly. Serve hot.

HALIBUT STEAKS, BAKED WITH CLAMS. Have two steaks of halibut or any other large fish cut about an inch and a half thick. Lay some slices of onion on these, sprinkle with lemon juice, and let stand for thirty minutes. Arrange a few thin slices of salt pork on a baking tin, then lay one slice of the fish on the pork, and sprinkle lightly with salt. Dip one cupful of clams in melted butter and then in cracker crumbs, and lay them on the fish. Sprinkle the clams with a little salt and pepper. Lay on the second slice of fish and place a few strips of pork on the top. Bake for forty minutes, basting frequently. A few minutes before taking from the oven, remove the salt pork from the top, and spread over the fish two-thirds of a cupful of cracker crumbs

mixed with a quarter of a cupful of melted butter.

BROILED MACKEREL. Clean two mackerel, cutting off the heads and fins. Then split them in two and remove the bones. Mix two tablespoonfuls of olive oil, two tablespoonfuls of lemon juice, a little salt and pepper, one teaspoonful of chopped parsley and one tablespoonful of chopped onion, and soak the mackerel in this mixture for an hour, turning them occasionally. Place them on a well-greased broiler; cook for ten minutes on the split side, and then for four minutes on the skin side. When the fish is cooked sufficiently lay it on a very hot dish and garnish with watercress or parsley. Serve with *maître d'hôtel* butter.

To make the butter put two tablespoonfuls of butter on a plate; mix it with one teaspoonful of very finely chopped and fresh green parsley and one teaspoonful of lemon juice. Form it into a neat pat and set in a cool place until wanted.

SALMON À LA MEUNIÈRE. Cut two pounds of salmon into slices an inch thick, season with salt and pepper, and dredge with flour. Put half a cupful of butter into a frying pan and clarify it; then put in the slices of fish and fry them. When they are colored on one side turn them over carefully and brown them on the other side. When sufficiently cooked dish them on a hot dish, sprinkle over a little lemon juice, and pepper and salt. Chop some parsley and garnish the fish with it. Just before serving, put four tablespoonfuls of butter into a frying pan, and heat it until it is a light brown. Pour this over the fish. Serve at once.

STUFFED BLUEFISH. Open the fish at the gills, and draw the intestines out through the opening. Make a stuffing of one cupful of bread crumbs two tablespoonfuls of melted butter one teaspoonful of salt, a quarter of a teaspoonful of pepper, one teaspoonful of chopped parsley a few drops of onion juice, one tablespoonful of chopped pickles and half a cupful of milk. Mix the ingredients, fill into the fish, and sew the head down firmly. Cut three gashes on each side of the fish and insert a slice of salt pork in each gash. Season with salt and pepper, brush with melted butter, and dredge with flour. Place on a greased pan, surround with finely chopped pork; bake, allowing fifteen minutes to the pound. When the fish is browned on one side it should be turned, basted and browned on the other side. Dish the fish carefully; garnish it with parsley and lemon. Serve with brown sauce.

MARION HARRIS NEIL.

“ BROWN BREAD, PLEASE! ”

By Florence Spring



Order is the first law of cooking, and it naturally follows that the first step in bread-making is the assembling in orderly array of the necessary utensils

D ID you ever hear any other answer than “Brown Bread, please,” when both white and brown bread—“brown” generically used!—were “passed” at picnic, afternoon tea, at home, or at a friend’s table? Brown bread seems to be preferred, and yet white flour is the kind bought by the quantity, and white bread the variety regularly made and served. A curious anomaly this!

Doctors tell us that teeth, digestion, and general health suffer from a too liberal use of the refined white flour (compelled by modern custom). The price also of white flour is steadily rising, and although the big “jumps” in the price subside, the tide creeps up and the old level is never regained. We all approve of the—at least occasional—use of the coarse breads, but I suspect that we housekeepers all get into ruts and forget to suggest the delicious variety of “brown” breads that we may have made, served, and enjoyed at different times during our housewifely careers. Possibly the recipes that appear in this article may bring to mind old favorites in the bread line or suggest new combinations. For of course all of our new—and old—recipes are the result of daring experiment by some venture-some soul! Just as a knowledge of Latin helps us with all other languages, so a knowledge of how to make and bake standard white bread is an asset valuable in the concoction of all other breads. It isn’t the easiest thing in the world to make a perfect loaf!

“Can you make good bread?” my mother once asked a candidate for a “place” in our sunny farm kitchen. “Yes’m,” was the prompt reply, adding as an unimportant afterthought, “I never *have* made it, but I think I could if I tried!” We may admire such a spirit, but the fact remains that it takes judgment, practice, and a good recipe to obtain satisfactory results. The following a good foundation rule.

Scald one cupful of milk and put in a mixing-bowl with one tablespoonful of sugar, one and one-half teaspoonfuls of salt, and a tablespoonful of butter, lard, or any good shortening; add a cupful of cold



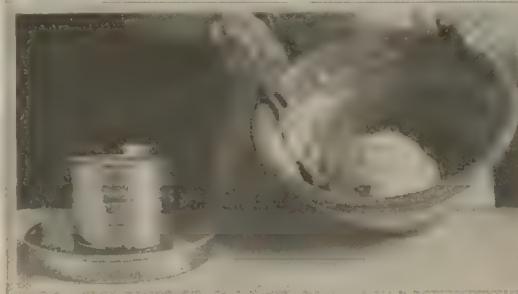
Add a cupful of scalded milk to the mixture and then a cupful of cold water, or milk may be used if preferred provided it is first scalded



When the mixture is “milk warm,” which it should be stated for the uninitiated is 90° F, add the yeast which has been softened in tepid water



Sift flour, stirring with knife or slotted spoon. The recipe calls for six cupfuls, but admits that another cupful may be necessary



Cut and stir in the flour until a stiff dough is formed which is both smooth and elastic

Secondly there goes into the great mixing-bowl in measured proportions the sibilant and alliterative combination of salt and sugar and shortening

water. All milk may be used if preferred, but be sure it has been scalded. When “milk warm” (90° F.) add half a yeast-cake softened in a half-cupful of tepid water. With a knife or slotted spoon stir in about six cupfuls of flour; possibly another cupful may be needed. Practise only will show exactly the right amount. *Cut and stir until smooth and elastic.* Cover with a thick cloth and a lid and set to rise in a warm place. Make just before going to bed in summer, and just after supper in winter. In the morning cut it down well with a knife and set to rise until after breakfast; then knead well and make into two loaves or one loaf and rolls.

Many delicious “by products” may be made with this “dough.” I sometimes take out a piece before breakfast, roll it to one-half inch thickness on the molding-board, cut into strips about three-fourths inch wide and five inches long, and fry to a light brown in hot deep fat. These bread-sticks are delicious and very popular with every one who tries them. They may be rolled in granulated sugar if desired. Or from your rolled-out dough—as above—cut rounds with a muffin-cutter, lay on a large, slightly buttered griddle on the warm—not hot—part of the stove, to rise half an hour or so. Then draw to the front of the stove and bake until brown on both sides, obtaining toothsome English muffins. Split while hot, and toast and butter.

Here is another method of making muffins: Shape the dough in large biscuits, cover, and set aside for half an hour; then roll to about one-fourth inch thickness, being careful to keep them round. Bake on a hot, slightly greased griddle ten minutes. They may be saved to toast for afternoon tea.

For Coffee Loaf take about two cupfuls of the dough, add a half cupful of sugar, one well-beaten egg, two tablespoonfuls of melted butter, one fourth teaspoonful nutmeg, and work with a mixing-spoon until perfectly blended; then add a half cupful of small raisins floured. Pour into a greased angel-cake tin and let rise until it looks light and bubbly; then sift sugar and cinnamon mixed carefully over the top and bake in

WOOD AND COAL.

Pay W. G. Evans cash \$500, on account. Find Evans' receipt in Remitting Book.

Sell cards 9, 10, 11, and 12, to C. C. Scott, on account. For bill see page 28, for entry see 13, page 3.

Buy the following merchandise of A. P. Harper, and give in payment a sight draft on B. C. Curtis. For description of draft see 84 to 90 inclusive. Deliver the draft through the Business Exchange. For Journal entry see 112.

By IDA C. BAILEY ALLEN.

SAVE the Meats," says our Food Administrator. And the housewife's purse must heed the call if her heart does not. For the past year, meat prices have continued to soar. The question I have most frequently been asked in the course of my recent lecture tour is, "What can I do to reduce the meat bill?"

To leave meat out of the menu altogether is the simplest but least intelligent method. Meat is a protein food—that is, a muscle-builder. To omit it, or some other muscle-building food, is to produce protein starvation. The protein group includes cheese, nuts, eggs, milk, dried peas and beans, lentils, fish, and milk soups—a wide range. The most satisfactory plan, where the housewife looks well to the health and happiness of her household, is to serve meat in some form once a day, and one of the protein group at each of the other meals.

The meats that we can patriotically use, that is, fresh pork, beef, mutton, mature chickens and fowl, etc., are all no more expensive than a few months ago. It is the immature meats, like broiling chickens, lamb, and veal, that we ought not to use, which are high-priced, and the various smoked meats, which are well adapted to army and training camp use, that have gone up. Fish is a little higher, but there are so many varieties—fresh, canned, smoked and salted—that by watching the market one can buy to advantage. The new crop of nuts is coming in and offers a splendid muscle food. Peanuts, too, are inexpensive, and, if desired, may be bought green and home roasted, or baked in a little olive- or corn-oil.

Cheese is priced according to two extremes—food and flavor, in economy we buy for food. All cheese can not be classed as protein, but that known as dairy, or whole-milk cheese is an excellent meat substitute. Eggs are so high that they can be used in the economical menu only when helped out by combination with a less expensive, bulky food. Milk is one of the cheapest forms of protein, even at twelve cents a quart, for it contains no waste, either in bulk or after digestion, and may be combined with bulky foods in order to become substantial.

THE legumes, or dried beans, peas, and so on, contain a vegetable protein that is very similar to that of meat, so when any one of them is introduced, it may be in the form of a meat substitute, rather than a vegetable. Dried peas and all beans, except the soy-bean, are deficient in fat, so this should be introduced in their cookery. The soy-bean, on the contrary, contains so much fat that it is even being used as a basis for an artificial milk, and unless desired for flavor, neither salt pork nor bacon need be added. Beans furnish one of our most inexpensive types of protein food and if properly prepared are digestible.

All of the legumes should be soaked overnight in water to cover; in the morning they should be drained, covered with boiling water, a fourth teaspoonful of baking-soda added to each pound of beans (a half teaspoonful of soda to a pound of soy-beans), and they should then be parboiled for an hour, when they are ready to use in any desired way. The soy-bean needs a little more soaking and a third more time should be allowed for its cookery than with the ordinary dried bean.

Another way to keep down the meat bills is to eke out the meat flavor and nutritive value by combining with it foods of the bulky type. Most people feel hungry if given a small portion at a meal; it is often true that the "eye does half the eating." But if the food is padded out with something that is bulky, the eye will be satisfied and the stomach will be filled, and hunger will be appeased at less cost because the high-priced food will be balanced by the inexpensive ballast. We all need a certain amount of protein, but on the other hand too much protein will cause illness.

The foods that we may draw upon to eke out protein, which is concentrated, are those of bulky type, such as undenatured corn-meal, cracked corn, or hominy, brown or uncooked rice, potatoes, barley, all the Winter vegetables, which the war gardens have produced, such as cabbage, beets, carrots, turnips, sweet potatoes, parsnips, pumpkin, and squash, as well as the canned and dried fresh vegetables that were conserved during the garden months. All of these foods are inexpensive and will furnish the bulk that most protein foods lack.

A Group of Meat-sparing Dishes

Mexican Pie. Rub a baking-dish with savory drippings and line it with a half-inch layer of cooled, corn-meal mush. Fill the hollow center with any kind of chopped, left-over cooked meat, well-mixed with a thick, well-seasoned tomato sauce. Top with a

layer of the mush, spread it smooth with a knife dipped in hot water, dot with savory drippings and bake half an hour in a moderate oven.

Meat Mush. Prepare corn-meal mush as usual, allowing three-fourths of a cup of corn-meal to a quart of boiling water, well-salted. Then stir in from one to two cupfuls of any left-over cooked meat, pour into a bread-pan, let stiffen, cut in slices, dip in flour and brown in savory drippings.

Scalloped Meat and Hominy. Rub a baking-dish with savory drippings and

seasoned to taste with salt and pepper. Bake in a moderate oven until puffy and brown, about thirty minutes.

Scalloped Oysters with Rice. Rub a baking-dish with oleomargarin or drippings and put in a layer of warm, boiled brown rice, mixed with a little shredded, green pepper. Lay on this some oysters cut in halves, and continue, alternating in this way till all is used. Pour in whole milk to moisten, cover the top with equal parts of ground, dry bread-crums and grated cheese mixed, and brown in a

What Are You Doing to Hooverize?

HOW are you helping to save the wheat, the meat, the milk, the fats, the sugar, the fuel? Pictorial Review will pay \$10 for every letter it deems worthy of publication, giving an account of housewife's actual practical experience in food conservation. Manuscripts should not exceed 500 words in length, should be legible, and written on one side of paper only. No manuscript will be returned. Address, Food Conservation Contest, Pictorial Review, 214-226 West 39th Street, New York. Contest closes December 15th, 1917.

put a layer of coarse cooked hominy in the bottom. Sprinkle this with any chopped, cooked meat and then put on a layer of canned tomato, seasoned to taste with salt and pepper, a little onion-juice and a hint of sugar. Repeat in this way till the dish is filled, making the last layer hominy. Sprinkle with ground, dry bread-crums, mixed with a little cheese grated from dry rinds; bake half an hour.

Italian Meat Pie. Combine one and one-half cupful of diced or coarsely chopped cooked chicken or pork with one and one-half cupful of boiled brown rice, two shredded pimientos, and meat gravy or thickened stock to make rather moist. Season as needed, and bring to the boiling-point. Transfer to a baking-dish and place on the top rounds cut from stale bread, rubbing them lightly with oleomargarin on the upper sides. Brown in a quick oven.

Chop Suey. Cut up a head of celery and six onions into good-sized pieces, and cook them gently until tender in three tablespoonfuls of pork drippings or olive-oil, or a combination of both. Then add a cupful of shredded, cooked pork and broth from the stock-pot to moisten. Add a little pepper and cook gently until well blended, about twenty minutes; then add a half cupful of soy sauce, and serve the mixture on boiled brown or uncooked rice.

A Group of Fish-sparing Dishes

Rice Codfish Cakes. Combine two and a half cupfuls of boiled brown or uncooked rice with a cupful of scalded, shredded codfish, two tablespoonfuls of flour, a fourth teaspoonful of pepper and an egg if desired. Chill, form into flat cakes, roll in flour and brown in savory drippings.

Scalloped Salmon with Crums. Rub a baking-dish with oleomargarin, and put in a layer of canned salmon which has been scalded. Then put on a layer of stale (not dry) bread-crums, (white or entire wheat), continuing in this way until the salmon has been used. Pour on milk to moisten thoroughly—approximately three cupfuls—

quick oven. Three cupfuls of boiled rice, a pint of oysters, and a shredded pepper give the approximate proportions.

Tuna Fish with Vegetables. Chop a head of celery, three onions, and a carrot and cook slowly in three tablespoonfuls of unflavored fat, until tender, then stir in two and a half tablespoonfuls of flour and two and a half cupfuls of milk and season to taste. When boiling rapidly, stir in a pound can of tuna fish, drained and flaked, and when boiling rapidly serve on boiled rice, or cooked, coarse hominy.

A Group of Egg-sparing Dishes

Eggs with Onions. Pare and slice a quart of onions. Barely cover with salted water, and let them stew. When tender, there should be about one and a fourth cupful of liquor left. Add an equal quantity of whole milk and thicken with four tablespoonfuls of entire wheat flour mixed with two tablespoonfuls of good oleomargarin. Add salt and pepper to season and lightly stir in two or more hard-cooked eggs, sliced. Serve with boiled brown or uncooked rice, or with mashed potatoes.

Eggs Scalloped with Potatoes. Take four hard-cooked eggs, three cupfuls finely diced, cooked potatoes, two and a half cupfuls white sauce, medium thick. Slice the eggs thin and arrange them in layers with the potatoes and sauce in a baking-dish or in good-sized ramekins. Cover with ground, dry bread-crums mixed with a little melted oleomargarin, and brown in a moderate oven.

Casserole of Eggs, Meat, and Rice. Slice three or four hard-cooked eggs thin. Rub a baking-dish with chicken or other fat, put in a layer of boiled brown or uncooked rice, then one of eggs, and sprinkle with a little finely-minced chicken or cold roast pork. Continue till the dish is full, using about three cupfuls of cooked rice and a cupful or more of meat. Moisten well with chicken stock or gravy and bake in a moderate oven for about twenty-five minutes. Serve with canned peas, well-seasoned.



St. Dr. on C. C. Scott



Paid by Sight Draft on C. C. Scott.

J. L. Spencer.

scalded milk; cool to lukewarm, and add one yeast-cake softened in one-fourth cupful lukewarm water. Stir in the scalded oats and bran mixture, which has been cooled to lukewarm, and mix to a dough as stiff as can be stirred with six to seven cupfuls of whole-wheat flour. When light, mold into loaves, taking out a portion for biscuits if desired. To the latter may be added one-half cupful of raisins or shredded dates. Bake an hour in a moderate oven and do not cut the loaves until the next day.

Wheat and Rye Bread (2 medium loaves)

Mix in a bowl or bread-mixer one cake of yeast softened in one pint of lukewarm water or milk and water, one tablespoonful of shortening, one-half cupful of molasses, one and one-half teaspoonfuls of salt, two teaspoonfuls of caraway-seeds, three cupfuls of Graham flour, and three cupfuls of rye flour. Let rise and when light, knead down, put in pans, and when it has risen again bake one hour in a moderate oven.

Raisin War Bread

Into a mixing-bowl or bread-mixer put one tablespoonful of shortening, one tablespoonful of white sirup, and one and one-half teaspoonfuls of salt. Over these ingredients pour one pint of potato water (the water in which peeled potatoes have been boiled). Cool till it is lukewarm and add one cake of yeast softened in one-fourth cupful of lukewarm water. Stir in three pints of entire wheat or Graham flour and one cupful of raisins. Let rise and when light, knead down, put in pans, and when it has risen again bake one hour in a moderate oven. Dried berries or other fruits may be used instead of raisins.

Four-times-one Muffins

Mix together thoroughly one cupful white bread flour, one cupful whole-wheat flour, one cupful rye flour, one cupful wheat bran, one and one-half teaspoonfuls salt, four teaspoonfuls baking-powder, and one-fourth cupful brown sugar sirup. Add one cupful of milk, one cupful of water, and two tablespoonfuls of shortening, melted. Mix thoroughly and bake in well-greased muffin pans a moderate oven. One-fourth cupful of pea-meal may be substituted for a similar quantity of rye flour. It gives a rich nutty flavor and adds to the protein content. This recipe makes eighteen to twenty muffins.

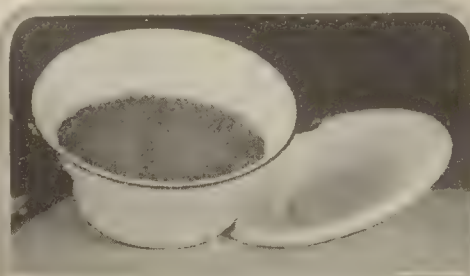
Buttermilk Fig Bread

Put one cupful of molasses in a large bowl, add two teaspoonfuls soda, and stir until it foams; then add one quart of thick buttermilk, two teaspoonfuls of salt, two quarts of whole-wheat flour, and one cupful black figs cut in bits. Mix together well, put in pans, cover, and set in a warm place for forty-five minutes. Bake one hour in a slow oven.

Corn-meal is of various kinds, and suited to different preferences, but a mixture of yellow



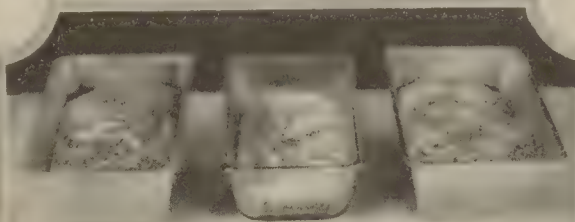
Scrape down the sides of the mixing-pan to prevent any possible chance of waste. Let the bread rise overnight



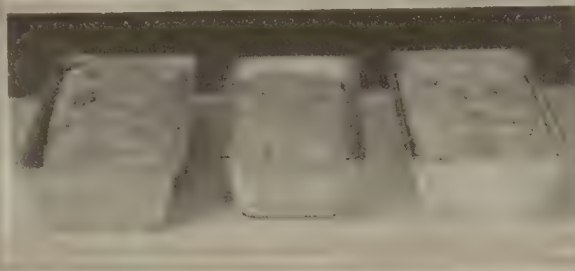
In the morning you will find that the dough has risen until it is light. It should have become twice its former size



The best cooks work with a light but sure touch. The next step is to knead the dough deftly into three loaves



Here the bread is in the brick-shaped bread-pans all ready to be set in a warm place so that it will rise well. It should double itself in bulk



And now that the bread has risen properly, the next thing to do is to tuck it into the oven. Care in baking is important. Have the oven temperature lower than that necessary for white bread

and white granulated meal will be found very generally satisfactory. Most cook books contain good recipes for corn bread and muffins made with many eggs and a large proportion of white flour, but in war times such bread may be said to be in the nature of a luxury. Fortunately, excellent corn bread, tender and feather light, can be produced without either.

Stand-by Corn Bread

Moisten one cupful of corn-meal, measured after sifting, with one-half cupful boiling water, cover, and cool. (If the bread is wanted for breakfast, this may be done overnight.) Add one cupful whole-wheat flour, one teaspoonful of salt, two teaspoonfuls melted fat, one-third cupful brown sugar or sirup, one and one-half cupfuls thick sour milk or buttermilk, and one teaspoonful soda dissolved in one teaspoonful of water. Stir until the batter is light and foamy. Pour into a shallow, greased baking-pan, and bake forty minutes in a rather hot oven.

Farmer's Corn Bread

Mix together one cupful corn-meal and one cupful of bread flour sifted with one-half teaspoonful of soda and one teaspoonful of salt. Add one egg beaten until light and one-half cupful each of sour milk and sour cream. Bake in a loaf. If no sour cream is available, use sour milk with one tablespoonful of cracklings.

Savory Batter Bread

To three cupfuls of boiling water, add one-half cupful each of corn-meal and hominy and cook one hour in a double boiler or fireless cooker. Add two well-beaten eggs, three cupfuls of buttermilk, one teaspoonful of soda, two teaspoonfuls of salt, one tablespoonful of sausage, bacon, or other spiced fat, two minced onions, one minced green pepper, one-eighth teaspoonful white pepper, and one-eighth teaspoonful paprika. Pour into a buttered baking-dish, sprinkle one-fourth cupful of grated cheese over the top, and bake one hour in a slow oven. This is a good luncheon or main supper dish.

Nut-Brown Dumplings

Sift together one teaspoonful of baking-powder, one-half teaspoonful of soda, and one teaspoonful of salt with one-half cupful of white bread flour; to these add one-half cupful Graham flour, one-half cupful buckwheat flour, and one-half cupful of yellow corn-meal. Mix all these dry ingredients together thoroughly and add two tablespoonfuls of molasses, one tablespoonful of melted shortening, and three-quarters of a cupful of sour milk. This will make a soft dough, which should be dropped by large spoonfuls and cooked for one hour with mutton or beef stew. If preferred a perforated greased basket may be set into the stew kettle and the dumplings steamed in this manner. When these dumplings are served with the stew, it will not be necessary to serve bread.

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21 Wood and Coal.

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3 Wood and Coal.

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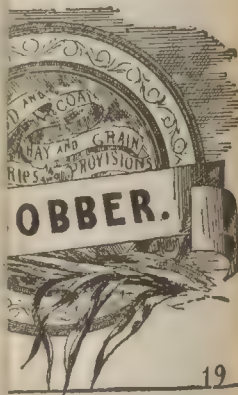
14 Tons Lehigh Coal @ \$

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36 Wood and Coal.

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Have You Ever Wasted Any of These Things?



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Business College Merchandise.

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20 Cds. Spruce Wood @ \$3.50

Pea Pods

GREEN pea pods make delicious soup. After shelling peas, wash carefully and prepare the pods and the peas at the same time in order to save fuel. Cover the pods with cold water; add a very small piece of onion or scallion top; when boiling, set a wire strainer into a saucepan and put the peas into the strainer; boil until tender. Lift out the strainer and pour the peas into a hot dish; add salt, pepper and a little butter; then mash the pods with a wire potato masher and mash them through a wire strainer. This will make the soup for next day, and one vessel and one fire cooks peas and pods. The sweet pods add to the flavor of the peas, and the water in which the peas have been cooked is not wasted but helps to flavor the cream of pea soup for the next day.

Pea-Pod Soup

TO EACH four cups of stock add two table-spoons of melted butter, two table-spoons of flour, one table-spoon of sugar, one teaspoon of salt, pepper to taste and a quart of a teaspoon of grated nutmeg. When the stock boils add the butter and flour, rubbed together until smooth, salt and pepper to taste, and boil for five minutes. Half milk and half stock may be used if desired.

Uses of Vegetable Stocks

SPARAGUS, celery, cauliflower, cabbage, carrot or onion stock is exceptionally good for soups, or thickened and used with other vegetables to give an extra flavor. When making soups, put roots, roast meat, gravies or for broiling, meats the stock or water in which these vegetables were cooked can be utilized.

Outside Lettuce Leaves

When roasting poultry of any kind (turkey, goose, duck, chicken, celery stock adds a delicious flavor. Carrot stock is exceptionally good for a pot roast of mutton or lamb. Cabbage stock lends an additional flavor to roast pork. Onion stock is good for broiling roast beef.

THE outside or coarse lettuce leaves make delicious Dutch salad:

4 Cupfuls of Outside Lettuce Leaves, 2 Tablespoons of Shredded Lettuce Leaves, 1 Tablespoon of Sugar, 1 Cupful of Vinegar, 1 Teaspoonful of Salt, 2 Tablespoons of Family Cut Onion, Pepper to Taste

PUT the ham fat into a pan with the onion, and fry until the onion is tender but not brown; add the vinegar, sugar, salt and pepper; bring to a boil, then add the well washed lettuce; cover and cook for three minutes. Serve hot at once.

cream of lettuce soup may be made from the outside leaves the same as cream of scallion soup, and is most delicious.

Turn Your Drippings Into Fat

PUT two cupfuls of any fat into a pot; add two quarts of cold water, put over a slow fire and bring to the boiling point; add two cupfuls of raw potato parings and half a cupful of crushed eggshells; boil for two hours, and add water if needed. There must be two quarts at end of two hours; strain through a colander into a shallow pan and set aside until hard. Remove and put the fat into onion frying pan in the oven until all the water has evaporated; strain through cheesecloth into a stock or kettle.

Asparagus or Cauliflower Stock Soup

2 Cupfuls of Stock, 2 Cupfuls of Milk, 2 Tablespoons of Malted Butter, 2 Tablespoons of Flour, 1 Teaspoonful of Salt, 1 Teaspoonful of Creamed Onion or Onion Juice

PUT the milk on to heat; add the stock, onion juice, butter and the flour which has been rubbed until smooth; boil until creamy; add the seasoning and serve with croutons.

Scallion Tops Have Many Uses

WHEN serving scallions plain at the table cut part of the tops off because, when used at the table, they are left on the plate with other scraps. The tops may be used for cream soup and for flavoring stews, meat pies, salads, gravies and sauces.

Crushed Eggshells

EGGSHELLS are used to clarify a clear soup. It is well to dry the eggshells and put them into a jar; then when eggshells are needed and you have no fresh eggshells on hand the jar of dried ones will be handy. Eggshells are also useful in clarifying fat drippings and coffee.

Cream-of-Scallion Soup

2 Cupfuls of Scallion Tops, 2 Cupfuls of Rice Stock, 2 Tablespoons of Flour, 2 Tablespoons of Salt, 2 Tablespoons of Malted Butter, 2 Tablespoons of Paprika

PUT the scallion into small pieces, cover with rice stock, boil slowly until tender and, if evaporated, add more stock or water and rub

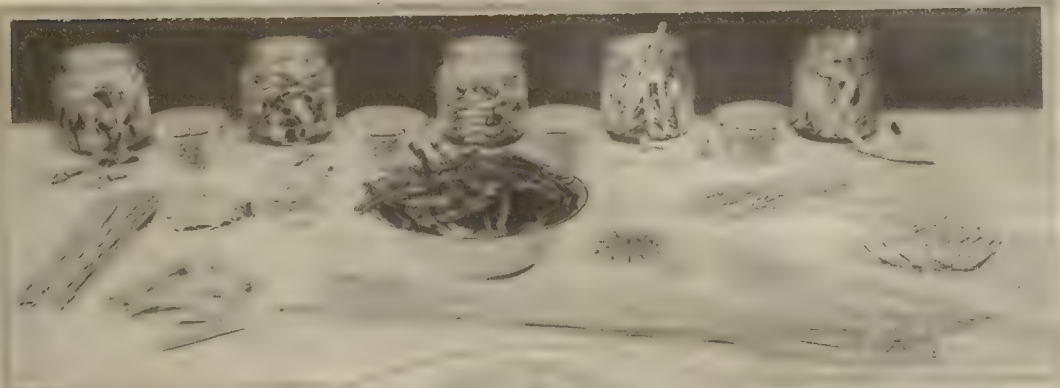
Uses for Pineapple Skins

through a fine strainer. There must be two cupfuls; if not, add stock to make that amount. Add the milk, mix the flour and butter together until smooth, add, and boil until of a creamy consistency; add the salt and paprika and sprinkle with a little finely cut scallion top.

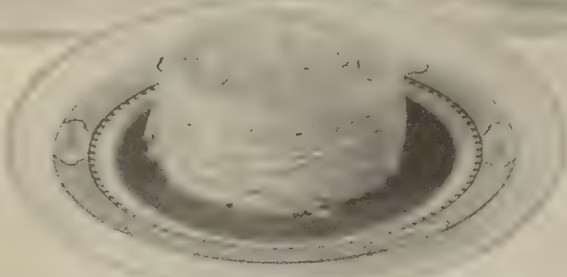
WASH the pineapple before paring, then chop or cut the pineapple skins into small pieces; put into a saucepan with four cupfuls of cold water and a few grains of salt and let stand for several hours; boil slowly for two hours; press through a strainer, then strain through a piece of cheesecloth or muslin, and to each cupful of strained stock add three quarters of a cupful of sugar. This syrup is used in fruit tuppies, puddings, gelatin or sauce for puddings; one cupful of sugar to each cupful of stock, and a little lemon juice, makes a good syrup to serve with walnuts, hot cakes, baked rice or cereal.

Uses for Orange and Lemon Peel

EVERY household has oranges and lemons some time during the year. Instead of throwing away the rinds use them as follows: Cover the orange or lemon peel with cold water, adding two table-spoons of salt to a quart of water. Put in a cold place for twenty four hours; drain, then cover with boiling water; boil slowly for one hour; drain, cut into thin slices and spread on a plate to dry; then boil one cupful of sugar with one cupful of water for three minutes; add the slices and boil for fifteen minutes; remove from the stove; spread on a platter or plate and sprinkle with granulated sugar; dry either in the hot sun or in a cool oven. Pick in a glass jar or pasteboard box for winter use.



Before you serve macaroni at your table again, make a visit to some little Italian shop, if possible, and see it in all its many shapes and sizes. They will suggest new and unexpected possibilities in serving it



Try a macaroni timbale. It is in the nature of a surprise, for who would guess that within the mold, shown at the left, would be found ham and peas? It is served with a well-seasoned tomato sauce

How to Make Sure Your Jelly Will Jell

By Mae Telford

THERE are two principal causes for failures in jelly making: The first is the common practice of adding too much sugar; the second is the differing composition of fruit juice. The first is largely a matter of habit; the second is more complicated; the amount of sugar varies with the fruit and, at times, it varies with the same kind of fruit.

The common practice of adding as much sugar as there is juice generally works with currants, grapes and blueberries. With more watery fruits, as red raspberries, blackberries, crab apples, sour apples and damsons, this proportion is too great, only three-fourths as much sugar as juice is needed.

But this does not explain why crab-apple jelly made one week is well-nigh perfect, while crab-apple jelly made in exactly the same manner a week later is a failure. In such cases the reason is generally a difference in the composition of the fruit. In a dry time the juice is not very abundant and the percentage of sugar is high. Just after a rain, on the other hand, the amount of water in the juice increases; as a result the fruit from the very same tree yields juice with less sugar just after a rain. These facts will readily explain just why the amount of sugar that must be added to make the juice "jell" varies at different times.

Frequent failures will result unless you have some positive means of telling just how much sugar to add to the extracted juice. The best means is an instrument called the "sirup gauge." The instrument itself is inexpensive, costing less than a dollar at almost any drug store. This does not include the slender glass tube into which the juice is poured for the test. An olive or pickle bottle may be used.

THE gauge itself consists of a hollow glass tube, weighted at the lower end with shot to make it remain upright and partly sink in the extracted juice. It is marked in the upper portion with a scale similar to that on a thermometer. If the

juice contains a large proportion of sugar the gauge sinks only a little way; if the juice is thin and watery it sinks deep.

When the sirup gauge is used the juice is extracted from the fruit in the usual manner and heated rapidly in a preserving kettle; if necessary it is boiled until any excess of water has been evaporated. Then about three-fourths as much sugar as remaining juice is added and the mixture is stirred until the sugar is dissolved. It is important that not too much sugar be added; if the proportion is too little more can be put in, but eliminating an excess is more difficult.

ENOUGH of the sweetened juice is then poured into a glass test tube or a slender glass jar to about half fill it, and the sirup gauge is placed in the liquid. If the gauge sinks just to the point on the scale marked 25 the proportion of sugar is just right.

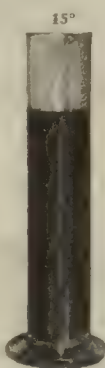
In any case more sugar or unsweetened juice must be added only in small quantities, and the mixture must be stirred well to make sure the sugar is all dissolved before a sample is tested with the gauge.

Some precautions must be taken to prevent breakage, as the tube and gauge are both glass: either the juice must be allowed to cool a little

or the gauge and the tube must be immersed in warm water before the test is made. The juice used for the test may be returned to the preserving kettle.

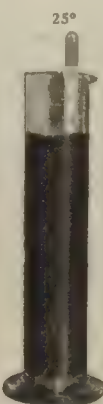
Of course the jelly gauge does not perform miracles; for instance, its use will not secure good results if the juice contains little or no pectin, the substance that causes jelly to harden, or if slow cooking causes the pectin present to lose its hardening power. Its use does mean, however, that the jelly maker can be confident that just the right amount of sugar is present in the jelly; and, as more failures result from a wrong proportion of sugar to juice than from all other causes combined, this is no small gain.

If the Sirup Gauge Registers 15 Degrees, More Sugar Must Be Added to the Juice



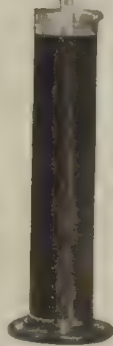
25°

If the Sirup Gauge Registers 25 Degrees, Exactly the Right Amount of Sugar is Present



51°

If the Sirup Gauge Registers 51 Degrees, Too Much Sugar Has Been Used and Unsweetened Juice Should Be Added



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SPRAGGS, celery, cauliflower, cabbage, carrot or onion stock is exceptionally good for soups, or thickened and used with other vegetables to give an extra flavor. When making soups, pot roasts, roast-meat gravies or for basting meats, the stock or water in which these vegetables were cooked can be utilized.

Uses of Vegetable Stocks

1. To EACH four cups of stock add two tablespoons of butter, one tablespoon of sugar, one teaspoonful of salt, pepper to taste and a quart of a teaspoonful of grated nutmeg. When the stock boils add the butter and flour, rubbed together until smooth, salt and pepper to taste, and boil for five minutes. Half milk and half stock may be used if desired.

Pea-Pod Soup

GREEN pea pods make delicious soup. After shelling peas, wash carefully and prepare the pods and the peas at the same time in order to save fuel. Cover the pods with cold water; add a very small piece of onion or scallion top; when boiling, set a wire strainer into a saucepan and put the peas into the strainer; boil until tender. Lift out the strainer and pour the peas into a hot dish; add salt, pepper and a little butter; then mash the peas with a wire potato masher and mash them through a wire strainer. This will make the soup for next day, and one vessel and one fire cooks peas and pods. The sweet pods add to the flavor of the peas, and the water in which the peas have been cooked is not wasted but helps to flavor the cream of pea soup for the next day.

Pea Pods

Have You Ever?

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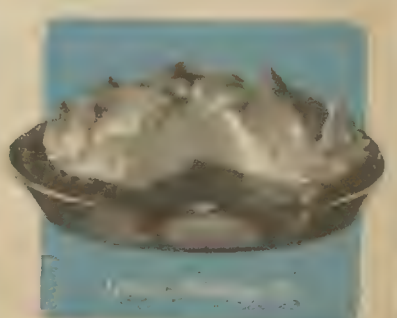
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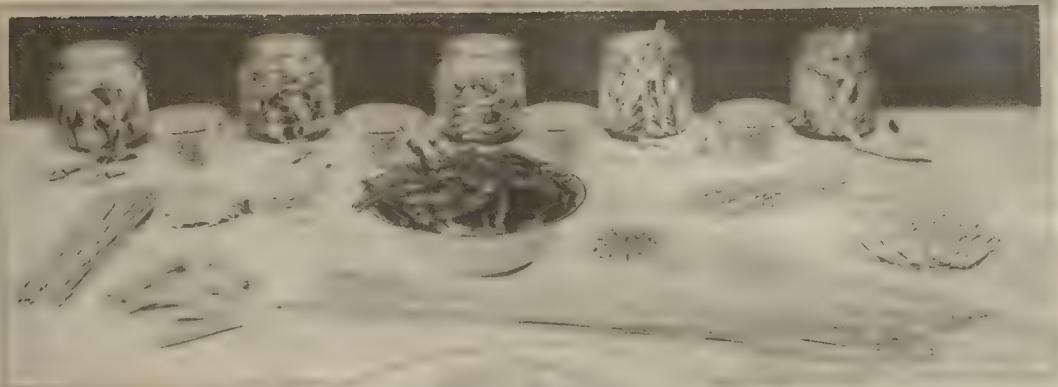
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Before you serve macaroni at your table again, make a visit to some little Italian shop, if possible, and see it in all its many shapes and sizes. They will suggest new and unexpected possibilities in serving it



Try a macaroni timbale. It is in the nature of a surprise, for who would guess that within the mold, shown at the left, would be found ham and peas? It is served with a well-seasoned tomato sauce

There's Macaroni, TOO

By Dorothy B. Marsh

YES, macaroni! Do you know it and use it? Every housewife, as a true Kitchen Soldier, is doing her patriotic bit by saving every ounce of food that can be sent across the water. Thrift is her slogan. Yet, often she is perplexed as to just what foods she can wisely substitute and still supply her family with the proper amount of nourishment. Perhaps she does not realize that at her command is macaroni, ready to serve in a multitude of ways.

Just what place does macaroni hold as a richly nourishing food? Macaroni is composed of—seventy-four to seventy-five percent of starch, thirteen to fourteen percent of protein; ten percent of water; one percent of mineral matter, and one percent of fat. It is plain from this analysis that the value of macaroni is due not alone to its high starchy content, but to its tissue-building material and mineral content as well and these make it particularly valuable in the children's diet.

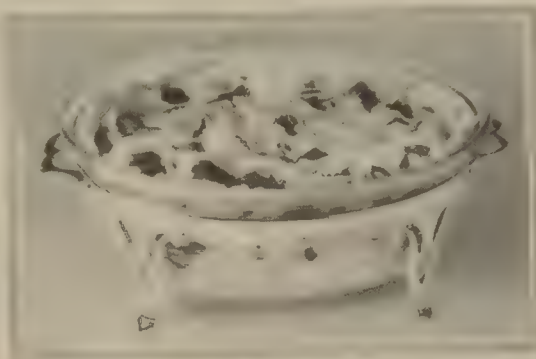
With a little thought as to combinations and varieties macaroni may be used as the chief ingredient of main dishes at breakfast, luncheon, and supper. Or, it may serve instead of a vegetable at any meal. In short, macaroni may serve in many ways to conserve the meat and bread. It is a fact, unfortunately, that there are comparatively few converts to the use of macaroni as food in their own homes. One of the main reasons for this is the lack of knowledge of the proper methods of preparing and serving it. Too often we find this delightful food served in a white pasty mass which the enthusiastic lover of macaroni could have very little to do with. Then, we are accustomed to think of macaroni in terms of just plain macaroni or spaghetti. Have you ever visited one of those small shops where every kind of food is made? If you have not,

THE victory in this great war may be won not by fighting, but by food. Our problem is to feed our Allies by sending them as much food as we can, of the most concentrated nutritive value and in the least shipping space. Every American woman, therefore, should do what she can to stretch the supply of food as far as possible. By using the products suggested here she can serve both her family and the nation.

GOOD HOUSEKEEPING INSTITUTE

make a visit to one of these shops, if possible, before you serve your next macaroni dish. Your idea of macaroni will be vastly changed, for you will find macaroni for every possible use and in profuse variety. There are ribbon bow-knots, sea-shells, egg noodles of all shapes and sizes to give variety to the scalloped dish; letters of the alphabet and stars and circles, ready for the soup or stew; spaghetti, vermicelli, and macaroni of every length, or curled up into little bundles all ready for the vegetable dish or salad. By using these new varieties, the accustomed

Below is a dish of baked macaroni and pimientos. It is both delicious and nourishing, and if the bow-knot macaroni is used, the dish is decorative, too



macaroni dish is made more pleasing because it is never monotonous in appearance.

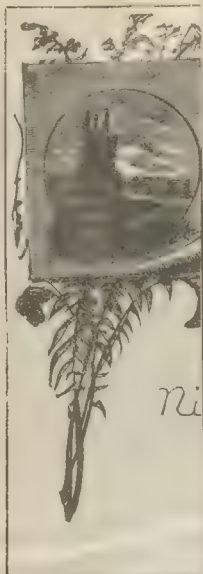
With the hope of helping to make macaroni a much more attractive food and of inducing you, as a housewife, to serve it frequently GOOD HOUSEKEEPING INSTITUTE has experimented with it and tested various recipes, all of which you will find just a bit out of the ordinary. But remember that before any combination dishes can be prepared, the simple macaroni itself must be properly cooked. First of all, it is necessary to have plenty of boiling water. Macaroni is a starchy food, and only boiling water will swell the starch grains and cook them so that the result is mealy and appetizing. Plenty of salt is another necessity. Allow one tablespoonful of salt to each quart of boiling water. Only by absorbing the salt during the cooking, does the macaroni become well seasoned. Drop the macaroni into the boiling water and cook until every piece is tender. If plenty of water is used the macaroni will not stick to the bottom of the kettle. When tender, remove it from the fire and drain through a colander or strainer, being sure that not one drop of the macaroni stock is wasted. Then place the colander under the cold water faucet and allow the water to run freely over every piece of macaroni. This is the last step, but perhaps the most important. The cold water separates the individual pieces of macaroni and makes them firm. The macaroni is then ready for use in combination dishes.

Just a word must be said about the liquid in which the macaroni is cooked. What better way of being thrifty than by using this stock as a basis for a soup or stew? With the addition of a small amount of meat and vegetables, such as carrots and turnips, the macaroni stock is transformed into a delicious soup. Or,

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THE recipes on this page (CONTRIBUTED) came to the Editor's desk in connection with the prize-winning Economical Menus, and they are so good we want our readers to have the benefit of them. Each of them is vouched for by a practical woman in the kitchen who battles daily with the high cost of living and wins out by her own wits. All of them are worth trying.

Spanish Rice (Iowa)

- 1 Cupful Rice
- 1 Can Tomatoes
- 1 Lb. Ground Beef Salt and Pepper to Taste
- 2 Medium-sized Onions Small Piece of Butter

COOK the rice in boiling salted water until tender, drain, and add the remaining ingredients. Mix well and place in a greased baking-dish. Bake for three-quarters of an hour in a moderate oven.

Flank Steak, Braised with Vegetables (Iowa)

- 1 1/2 Lb. Flank Steak, about 1 1/2 In. Thick
- 1/2 Cupful Thinly Sliced Onions
- 2 Tablespoonfuls Flour
- 1 Green Pepper, Sliced Thin
- 1 1/2 Cupful Sliced Raw Potatoes
- 1 Cupful Stewed or Raw Tomato Pulp
- 2 Teaspoonfuls Salt
- 1 Tablespoonful Butter

SCRAPE the steak across the grain with a knife, to prevent its curling up. Sprinkle both sides of the meat with the flour and one teaspoonful of salt; dot with butter and place in an oblong baking-pan. Place a thick layer of sliced raw potatoes over the meat, add the green pepper, and season with half a teaspoonful of salt. Now add the onions and the rest of the salt. Pour the tomato pulp over this mixture and cover the baking-pan tightly. Cook slowly in the oven for two hours. Half an hour before the meat is done, remove the cover to allow it to brown. Water may be added from time to time to prevent burning, if needed. In serving, transfer the steak carefully to a hot platter, preserving the various layers of vegetables. To serve, slice down through the layers as through a loaf.

Chocolate Soufflé (Iowa)

- 3 Tablespoonfuls Flour
- 2 Eggs
- 2 Tablespoonfuls Butter
- 1/2 Cupful Sugar
- 1 Teaspoonful Vanilla
- 1/4 Teaspoonful Salt
- 2 Squares Melted Chocolate
- 1/4 Cupful Milk

MELT the butter, add the flour and salt, stirring well. Add the milk and cook until very thick. Add the sugar and the egg yolks, and beat vigorously for two minutes. Add the melted chocolate and beat all well. Stir in the whites of the eggs beaten stiff and the vanilla. Fill a greased mold one-half full with the mixture, place in a pan of hot water and bake in a moderate oven until firm—about thirty-five minutes. Serve with whipped cream.

Quisset Cake (Pennsylvania)

- 1/2 Cupful Shortening
- 1 1/2 Cupful Sugar
- 3 Eggs
- 1 Cupful Water
- 2 1/4 Cupfuls Flour
- 3 Teaspoonfuls Baking-powder
- 4 Tablespoonfuls Cocoa
- 1 Teaspoonful Cinnamon
- 1/4 Teaspoonful Salt

MIX the yolks of the eggs with the shortening and sugar; add the water. Sift flour, baking-powder, cocoa, cinnamon, and salt together and add; beat the whites of eggs until stiff and add last. Bake in a loaf in a slow oven for thirty to forty minutes. This cake may be served plain or with white or chocolate icing.

Peach Puffs (Ohio)

- 1 Cupful Flour
- 1 Teaspoonful Baking-powder
- 1 Cupful Milk and Water
- 1 Teaspoonful Salt
- 1 Teaspoonful Butter
- 1 Tablespoonful Sugar
- Dried or Canned Peaches

MIX flour, baking-powder, salt, milk, butter, and sugar into a soft dough that can be dropped from a

spoon. Fill buttered molds or cups one-third full with spoonfuls of this mixture, covering with pieces of dried or canned peaches. Steam in a pan of boiling water for half to three-quarters of an hour. Serve with a caramel or other preferred sauce.

Sliced Bananas with Lemon Sauce (Pennsylvania)

- 1/2 Doz. Bananas, Sliced Thin
- 2 Teaspoonfuls Corn-starch
- 2 Cupfuls Boiling Water
- 1 Cupful Sugar
- Lemon

MAKE a sauce of the corn-starch and sugar, adding the boiling water a little at a time and cooking for fifteen minutes. Stir constantly to prevent lumping. Add the juice and grated rind of the lemon. Cool and pour over the sliced bananas.

Oatmeal Bread (Pennsylvania)

- 1 Cupful Rolled Oats
- 1 Teaspoonful Salt
- 1/2 Cupful Molasses
- 1 Pt. Boiling Water
- 1 Tablespoonful Shortening
- 1/2 Yeast-cake
- Flour

POUR the boiling water on the rolled oats, shortening, and molasses; stir until the shortening is dissolved. When lukewarm, add the yeast dissolved in about a quarter of a cup of lukewarm water; stir in the flour mixed with salt. When a soft dough is formed, cover and let rise. In cold weather, it is best to let the dough rise overnight; in warm weather, three hours are sufficient. When the dough is light and spongy, add more flour. Do not knead, but divide dough and place in two greased bread-pans. Let rise until light and bake for three-quarters of an hour.

Baked Beans (Pennsylvania)

- 1 Qt. Beans
- 1 Pinch Red Pepper
- 1 Onion
- 1/2 Teaspoonful Soda
- 4 Tablespoonfuls Brown Sugar
- 1/2 Teaspoonful Mustard
- 1 Tablespoonful Molasses
- 4 Pork Chops or a Pork Roast
- 2 Teaspoonfuls Salt

SOAK the beans overnight. Slice the onion in the bottom of the bean-pot, put in the beans, meat, and seasonings, cover with water. Bake slowly for five to six hours.

Creamed Macaroni (Pennsylvania)

- Macaroni
- Salt and Pepper
- Boiling Salted Water
- 2 Tablespoonfuls Minced Parsley
- Flour
- 1 1/2 Tablespoonful Butter
- 2 Cupfuls Hot Milk

BREAK a quantity of macaroni into one-inch pieces, drop a few at a time into boiling salted water, and let boil for half an hour. Remove to a colander and let cold water run through the macaroni to prevent the pieces from clinging together. Make a white sauce of butter and flour creamed together with the hot milk. Season with salt and pepper; add macaroni. Simmer about five minutes. Sprinkle the parsley over it.

Scalloped Onions (Pennsylvania)

- 1 Doz. Medium-sized Onions
- 1 Tablespoonful Butter
- 2 Tablespoonfuls Flour
- 1 1/2 Cupful Boiling Water
- Salt and Pepper
- Bread-crumbs

REMOVE the skins from the onions, and cut each in four slices; let stand in cold water for half an hour. Prepare a white sauce by mixing the butter and flour together and adding gradually the boiling water. Cook two minutes and season well with salt and pepper. Put a layer of onions in a greased baking-dish, sprinkle with salt and pepper, cover with bread-crumbs, and repeat until you have used all your onions. Cover with white sauce and bake for an hour.

THE ECONOMICAL HOUSEWIFE

NOTE: We will pay \$1.00 cash for every economical suggestion that we deem worthy of publication. Address, The Economical Housewife, Pictorial Review, 214-226 West 39th Street, New York. No manuscripts will be returned.

WHEN the cereal has given out of a sudden, try serving what the New England woman calls "Rusks" for breakfast. It is made by drying and lightly browning in the oven, stale cake and stale bread. Crush it with a rolling-pin, and serve with milk or cream just as you would any ordinary cereal.

When oranges are almost prohibitive in price, substitute grape-juice when the invalid in the house wants a cooling and nourishing drink. Fill a small glass with cracked ice, and sprinkle a little sugar on top of it. Mix together the beaten white of an egg with two tablespoonfuls of grape-juice. Pour over the cracked ice and serve immediately.

By substituting some of the many vegetable oils for solid fats, you not only serve your Government, but save money as well. These oils are practically all fat, while butter is only partially so.

If sugar is made into a sirup by heating it with water in the proportion of one to four—a quarter of a cup of sugar to three of water—it can be used for sweetening beverages, fruits, and cereals to the distinct advantage of your grocery bill.

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if you prefer, add a little milk to the stock, season it well, and a delicious soup will be the result.

We do not usually think of serving macaroni at breakfast. Yet, why not occasionally substitute this starchy food for the bread, muffins, or toast? Fried macaroni makes a deliciously crispy breakfast dish. It should first be cooked in the manner described above. After the cold water has run over the macaroni, shake the colander well to remove as much of the water as possible. Then dust each piece of macaroni with flour. Have the fat piping hot, about 300° F. Drop the macaroni in quickly; as soon as it is a golden brown on all sides, remove and sprinkle with brown sugar. The crisp pieces are delicious.

At luncheon time, macaroni may be served in numberless ways. Combined with some other food, rich in tissue-building qualities, such as cheese, fish, eggs, or milk, macaroni makes a nourishing and appetizing main dish. And, at the same time, it is conserving the meat, which our soldiers need. When rightly cooked and seasoned highly, Baked Cream Macaroni is an attractive dish. Instead of using ordinary macaroni, try using the ribbon bow-knot variety for a change. Cook two cupfuls of the bow-knot macaroni in the manner described above. Melt two tablespoonfuls of butter and add two tablespoonfuls of flour. Cook until it begins to bubble and then add one cupful of cold milk gradually. Cook until all the taste of starch is removed, season well. Cut two pimientos into fine pieces. Butter a baking-dish, place in it a layer of macaroni, and then white sauce. Arrange the pieces of pimientos around the edge of the dish. Repeat the layers until the baking-dish is full with the macaroni on top. Sprinkle with one-fourth cupful of grated cheese, and bake in a moderate oven until the cheese is a golden brown.

Spanish Macaroni is another scalloped dish in which both tomatoes and cheese are used. One cupful of macaroni is cooked in the manner described and combined with one cupful of grated cheese. Make a sauce by frying two onions chopped fine in one-half cupful of butter or butter substitute until they are light brown in color. Add a quart can of tomatoes, one clove of garlic, and the pulp of two red peppers. Simmer until reduced one-half. Butter a baking-dish, and put in a layer of the sauce, then a layer of macaroni and cheese, and so on until the dish is filled, ending the sauce on the top layer. Bake in a moderate oven one-half hour.

Did you ever make Baked Spaghetti in which stuffed olives and mushrooms were used? The taste is new and delicious. Cook three cupfuls of spaghetti in the usual manner. Combine two cupfuls of stewed tomatoes, two tablespoonfuls of butter, two peppercorns, one teaspoonful of salt, and one onion, diced finely, and cook for twenty minutes. Strain and combine with the spaghetti. Cut one small can of mushrooms and one small bottle of stuffed olives into small pieces and add to the mixture. Put into a buttered baking-dish, cover with one-fourth cupful of grated cheese, and brown in the oven.

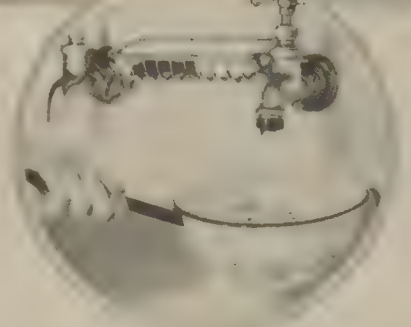
If you have never tried the combination of cabbage and spaghetti, you have had a toothsome dish. Remove the core



Allow one tablespoonful of salt to each quart of boiling water, adding it before the macaroni is put in



Then drop the macaroni into the boiling water and cook it until every piece is tender. Use plenty of water



Last, but most important, in cooking macaroni for use in combination, let cold water run over it. Drain in a colander and save cooking water for soup

from a small head of cabbage, and chop coarsely. Put it into a stew kettle with sufficient water just to cover the bottom of the kettle and add one teaspoonful of salt, one tablespoonful of sugar, and three or four slices of bacon. Boil until almost tender. Then add two cupfuls of spaghetti and boil twenty minutes longer or until the spaghetti is tender, then strain. Serve either hot or cold.

Scalloped Macaroni with Celery makes an excellent scalloped vegetable dish. Cook two cupfuls of sea-shell macaroni in the usual manner. Cut up enough celery to make two cupfuls and cook in boiling salted water until tender. Butter a baking-dish and put a layer of macaroni on the bottom and then a layer of celery. Repeat until the dish is full, having macaroni on top. Sprinkle one tablespoonful of grated cheese over this and pour over all the water in which the celery was boiled. Bake in a moderate oven twenty minutes.

In combination dishes of meat and macaroni the latter may well take the place of potato. The following recipes were submitted by GOOD HOUSEKEEPING readers. Every one of them will be found excellent.

Noodles and Ham en Casserole makes a substantial main dish for dinner. Line the bottom of a casserole with a slice of ham about one-third of an inch thick. Fill the dish with one cupful of egg noodles which have been cooked in boiling salted water until tender, pour over all one cupful of milk, and add one-half teaspoonful of salt and one-half teaspoonful of paprika. Cover the top with one cupful of buttered crumbs and bake in a moderate oven for about one hour, the time depending on the thickness of the ham.

Hamburger à l'Italienne is another excellent combination of macaroni and meat. Brown two onions, cut small, in one cupful of salad oil. Add one pound of hamburger steak and brown, combine with two cupfuls of stewed tomatoes, one teaspoonful salt, one-half teaspoonful pepper, one-fourth teaspoonful of Worcestershire sauce, and simmer slowly one hour. Cook one cupful of egg noodles in boiling salted water until tender, add to the meat mixture, and cook slowly two hours longer, stirring frequently. One tablespoonful of water may be added if necessary to keep it moist. Serve on a platter surrounded with one cupful of grated cheese.

Macaroni Surprise is indeed a surprise. To make it one cupful of minced ham is necessary. To this, add two cupfuls of freshly cooked or canned peas which have been mashed. Season well with salt, pepper, and paprika. Butter a medium-sized baking-powder tin. Pack the mixture into this mold and allow to stand in the ice-chest until stiff enough to remove. Unmold into a larger mold, which has about two inches of cooked macaroni in the bottom to form a base for it. Wind long strips of cooked macaroni around and around the mold, packing it down tightly; continue this until the whole mold of peas and ham is entirely covered with macaroni. Set in a steamer, and steam for three-quarters of an hour. Invert on a platter and serve with tomato sauce poured around it.

With all these various methods of substituting macaroni for the foods that our soldiers need will you not do your part by using it as much as possible?

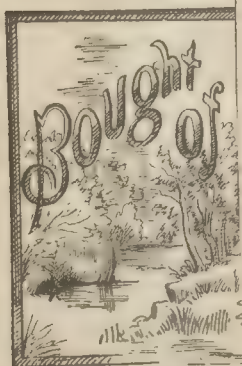
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THANKSGIVING feasting must take on a new aspect this year, both for patriotic reasons and because food prices prohibit elaborate menus. If we allow ourselves a little more latitude than on ordinary days, yet we must find some way to serve a Thanksgiving dinner that will be far more simple than the groaning boards of ante-bellum days. And perhaps the only person who will not profit thereby will be the family doctor—who has so often been needed as an aftermath of the holiday feasting.

The menu and the recipes given below offer a choice of dishes to please varying tastes.

Cream of Celery Soup

3 Cupfuls of Celery Cut in Small Pieces
1 Pt. Boiling Water
2 1/2 Cupfuls Milk
1 Slice of Onion
3 Tablespoonfuls Butter
1/4 Cupful Flour
Salt and Pepper

WASH and scrape the celery before cutting in pieces, cook in boiling water until soft and rub through a sieve. Scald milk with the onion, remove onion, and add milk to celery. Put butter in small saucepan; when melted add flour. When thoroughly blended add a little of the celery mixture and stir until smooth; pour into the soup. Stir well and season to taste. The odds and ends left from a large bunch of celery may be used.

Roast Duck with Meat Balls

1 Four Lb. Duck
1 Lb. Chopped Round of Beef
Pepper and Salt
1 1/2 Tablespoonful Butter
2 Slices Stale Bread
1 Teaspoonful Onion Chopped Fine
Sage and Thyme to Taste
2 Tablespoonfuls Chopped Parsley
Boiling Water

SINGE, wash, and tie the duck into shape. Dry thoroughly inside and out with a clean towel and fill with a stuffing made as follows: Cover pieces of dry bread with boiling water. As soon as bread has absorbed water, squeeze it as dry as possible, season with salt, pepper, one tablespoonful of melted butter, a good pinch of thyme and two tablespoonfuls of chopped parsley. Dust the duck lightly with salt, pepper, and a little flour and put in a pan which has been dredged with flour. Put into a hot oven. Have boiling water ready and when flour begins to brown, add about one-half cupful to pan and baste frequently, adding boiling water when necessary. The last time you baste add enough water to make as much gravy as you wish—a good cupful is plenty. Reduce the heat after half an hour, and cook slowly for an additional hour and a half.

Take the gizzard, heart, and liver and wash thoroughly and dry. Put the gizzard and heart on to cook slowly in enough warm water to cover. Cook until tender, drain, saving the water in which they were cooked for your gravy. Chop fine. Put one-half tablespoonful of butter in a small saucepan, add one teaspoonful of chopped onion, cook slowly until tender; do not brown. Add the duck's liver and cook gently until done. Chop fine and mix all the chopped meats together, soak the bread and squeeze dry, add, with pepper, salt, sage, and thyme, to meat. Mix thoroughly and mold into little balls, dredge in flour, and half or three-quarters of an hour before the duck is done, lay the meat balls in the pan around the duck and baste when you baste the duck. Serve the duck on a hot platter, with the meat balls around it. Garnish with a few sprigs of parsley.

The gravy may be made as follows: After duck has been removed from the pan, carefully remove the fat and to liquor which remains add the water in which the gizzard and heart were cooked, add two tablespoonfuls of flour, mix well and let it boil a few minutes, season and strain.

Stuffed Leg of Mutton

1 Small Plump Leg of Mutton
5 Oz. Salt Pork
1 Cupful Bread-crumbs
1 Saltspoonful Mace
1 Saltspoonful White Pepper
1/2 Carrot
1 Cupful Mutton Stock
1 Saltspoonful Thyme
1 Saltspoonful Sweet Marjoram
1 Saltspoonful Sage
1 Tablespoonful Chopped Parsley
1 Onion
Parsley and Thyme

BONE and skin the leg of mutton but keep all the bones for the stock. Wipe the meat with a clean wet cloth and fill the cavity with a dressing made of the salt pork chopped very fine, bread-crumbs, mace, white pepper, thyme, marjoram, sage, and chopped parsley. Mix well and tie a buttered paper over the end to keep it in. Place in a baking-dish with the onion,

Business College Merchandise.

By ELEANOR RECORD SIGEL

carrot, several sprigs of parsley and a pinch of thyme. Moisten

with stock made by covering the bones with cold water and cooking until the gristle drops from the bones. Roast in a hot oven until done, about one hour and a quarter. Baste frequently. Add enough broth to the pan for gravy, let it boil; season, skim off fat and strain.

Savory Cabbage

1 Medium Sized White Cabbage
1 Small Onion Chopped Fine
1 Tablespoonful Butter
1 Slice Lemon
1 Tart Apple
2 Tablespoonfuls Vinegar
1 Tablespoonful Flour
2 Tablespoonfuls Sugar

WASH the cabbage well and shred it. Sprinkle with salt and let it stand one-half hour. Squeeze dry. Take the chopped onion and brown it slightly in the butter in a stew-pan. Slice the apple fine and add with the cabbage and lemon. Cover and cook very slowly



two hours.

When tender, stir in the vinegar and flour which have been mixed together, also the sugar, and cook a few minutes, stirring to prevent burning. Serve hot.

Scalloped Onions

6 Good Sized Onions
Butter
Bread-crumbs
Pepper and Salt
Milk

SLICE onions as for frying and cook them in boiling water about ten minutes. Drain and put a layer of onions in a baking-dish, then a layer of bread-crumbs. Season each layer with pepper, salt, little dabs of butter and a generous sprinkling of milk. Have crumbs as the top layer and bake in the oven until brown.

Holiday Salad Dressing

4 Tablespoonfuls Olive-oil
1 1/2 Tablespoonful Lemon-juice
2 Canned Pimientos
1 Large Green Pepper
1/4 Teaspoonful Paprika
1 Teaspoonful Salt
1/4 Teaspoonful Sugar

WASH the green pepper and remove stem and seeds, cut fine. Cut pimientos fine, and after the dressing is well mixed thicken with the chopped pepper and pimientos. A little chive is a fine addition, or a little onion-juice improves the flavor. Serve on lettuce leaves.

Hunter's Pudding

2 1/2 Cupfuls Graham Flour
1 Cupful Chopped Suet
1 Cupful Molasses
1 Teaspoonful Soda
1 Teaspoonful Cinnamon
1/2 Teaspoonful Clove
Gratings of Nutmeg

1 Cupful Raisins or Currants
1/2 Teaspoonful Salt
1 Cupful Water

SIFT the soda, salt, and spice into the flour. Mix in the suet and raisins and add the molasses and water. Pour into a well-buttered pudding mold and steam for three hours. Divide into two tin molds, cover and place in a kettle of boiling water, letting the water cover them about one-third. Cover the kettle and let it boil rapidly for one-half hour, then more slowly the rest of the time. It must always bubble. When necessary, add boiling water so it will not boil dry. For a sauce, cook a cupful of milk with a tablespoonful of flour; add a little salt. When cool, add two tablespoonfuls of butter creamed with a cupful of sugar, and the beaten white of an egg. Flavor to taste.

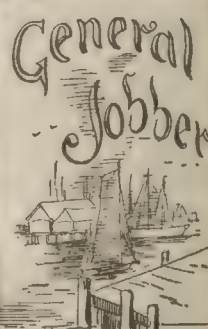
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FROZEN DESSERTS FOR WARM DAYS

Pineapple and Lemon Sherbet

TWO and a half cupfuls of grated or shredded pineapple, one-half cupful of lemon-juice, one and a half cupful of sugar sirup, one tablespoonful of granulated gelatin, one pint of cream. Dissolve the gelatin in two tablespoonfuls of cold water, and melt over hot water; combine this with the fruit and sugar sirup, and freeze until firm. Whip the cream until stiff, and add to the frozen mixture. Turn slowly and evenly until the mixture is light and fluffy. When frozen firm, remove the dasher and pack until ready to serve.

Blackberry Sherbet

ONE quart of ripe blackberries, two and a half cupfuls of sugar sirup, one cupful of thin cream, whites of two eggs, one tablespoonful of granulated gelatin, three tablespoonfuls of lemon-juice. Dissolve the gelatin in three tablespoonfuls of cold water, and set in a pan of hot water until melted. Press the berries through a fine sieve, add the lemon-juice and sugar sirup, then the melted gelatin. Pour into freezer, and turn slowly and evenly until congealed, then open and add the cream. Continue freezing until again congealed, then add the stiffly beaten whites of eggs. Turn until thoroughly blended, and when light and fluffy remove dasher and pack. This may be served in tall glasses garnished with a few fresh berries, or with a small spoonful of whipped cream.

Fruit Charlotte

TWO cupfuls of double cream, one cupful of powdered sugar, one cupful of diced marshmallows, one cupful of sliced peaches, one cupful of diced pineapple. Beat the cream until stiff and dry, then sift in the sugar a little at a time, beating all the while. Combine the diced marshmallows with the fruit, and let stand an hour. Fold this into the cream, and put immediately into a chilled mold. Put a piece of waxed paper over the top, then the cover, and pack in ice and salt for about three hours. This is best when frozen just enough to slice, as the fruit is more enjoyable when not frozen hard. When ready to serve, turn out on serving dish, and garnish with halves of peaches and whipped cream. This amount will serve twelve people.

Grape-Juice Sherbet

ONE and a half tablespoonfuls of granulated gelatin, one-half cupful of cold water, four cupfuls of grape-juice, one and a third cupfuls of sugar, one-third cupful of lemon-juice, whites of three eggs. Soften the gelatin in the water and melt over hot water. Strain into the grape-juice and add the lemon-juice and sugar. Stir until the sugar is completely dissolved, pour into freezer, and turn until the mixture is congealed. Add the stiffly beaten whites, and continue turning until the whole is well blended and firm, then remove the dasher, and pack for two or three hours.

Apricot Parfait

ONE teaspoonful of gelatin, two tablespoonfuls of water, one and a half cupfuls of crushed apricots (if the fresh ones are not in season, the best grade of canned ones may be used), three tablespoonfuls of lemon-juice, three-fourths cupful of sugar, three eggs, one-half cupful of double cream.

Press the apricots through a sieve, add the lemon-juice and sugar, and place over fire. Stir until the sugar is dissolved and the mixture is at the boiling temperature. Beat the yolks of the eggs until a light lemon color, then beat into them the hot fruit; put back over fire in a double boiler and cook as for custard.

Stir constantly and when the mixture is sufficiently cooked to coat the spoon, remove from fire, add the gelatin, softened in the two tablespoonfuls of cold water, and set on ice until cold. Beat the cream and white of eggs until stiff and combine, then beat into the fruit mixture. Chill a mold on ice and salt, put a layer of fresh lady's-fingers on the bottom, and pour in half of the parfait.

Arrange a layer of lady's-fingers over this, and pour in the remainder.

Place wax-paper over the top, then the cover of mold and pack well with ice and salt for four hours.

When ready to serve turn out on a serving dish and garnish with lady's-fingers and whipped cream.

Do not hesitate to write to Mari Lincoln Palmer, care of The Delineator, questions about recipes, menus, etc.

FROZEN FRUIT GLACE

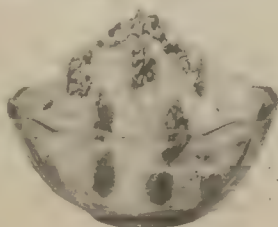
One pint of sugar, one pint of water, one tablespoonful of granulated gelatin, one-half cupful each of lemon, orange and pineapple juice. Fruits to fill mold. The fruit may be any in season that blends well, such as peaches, pineapple, white grapes, or cherries and oranges. Combine the sugar and water, stir until dissolved, then boil briskly for several minutes. Soften the gelatin in a little cold water and dissolve in the hot sirup. When cold add the fruit-juice. Chill the mold and fill lightly with mixed fruit, then pour in the sirup. Cover with waxed paper before putting on the cover of mold and pack in ice and salt for five hours. When ready to serve, turn from mold and garnish with sliced oranges and grapes; break into sections with fork and spoon.

RED RASPBERRY MOUSSE

One cupful and a half of sugar, three-fourths cupful of water, three whites of eggs, two cupfuls and a fourth of double cream, one cupful and a half of crushed red raspberries, two tablespoonfuls of lemon-juice, berries and whipped cream to garnish. Combine the sugar and water and stir until the sugar is dissolved, then place over fire and let boil briskly until it will thread. Remove from fire and let stand five minutes; pour into the beaten whites of eggs, beating vigorously all the time. Beat until cold, and then beat in the whipped cream and lemon-juice. Add the raspberry pulp and pour into a mold, packed in ice and salt. Cover and let stand four hours. Serve whole or in tall glasses garnished with a few berries and whipped cream.

FROZEN AMBROSIA

Two cupfuls of sugar, one pint of water, one pint and one-fourth of orange-juice, four tablespoonfuls of lemon-juice, one tablespoonful of granulated gelatin, whites of two eggs, one cupful of shredded coconut, one cupful of shredded pineapple. Combine the sugar and water and stir until sugar is dissolved, place over fire and let boil briskly until it threads. Soften the gelatin in cold water and add to the hot sirup. When cold, add the coconut, orange-juice, and pineapple and pour into freezer. As soon as congealed, add the stiffly beaten whites of eggs and freeze. Serve with a garnish of shredded oranges and coconut.





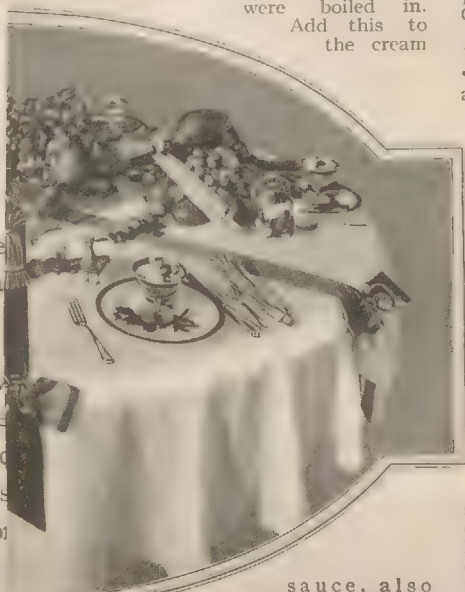
A THANKS-GIVING without turkey seems as tragic as Christmas without Santa Claus, yet with Mr. Hoover on our trail we must shun this festive bird. Chicken pie may not seem a holiday *pièce de résistance*, but possibly you have never tried the one I am giving here. Onion soup is more popular in France, the land of true cookery, than on this side of the water, but even those who do not fancy the flavor of onions will approve of this soup. It is an imported French one.

Cream Onion Soup

8 Medium Sized Onions 3 Tablespoonfuls Flour
4 Tablespoonfuls Butter Salt and White Pepper
1 Qt. Milk to Season

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BOIL onions till tender, about an hour. Make a cream sauce of the butter, flour, and seasoning. Strain the onions through a sieve, saving out about half a pint of the water they were boiled in. Add this to the cream



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sauce, also the cold milk and the onions. Set it back on the stove and allow it to come to a boil. This recipe is equally good for peas, celery, navy beans, or any of the cream soup foundations. In making cream soups it is better to mix the ingredients cold; the soup will not curdle as it is likely to do if a hot fluid is poured into a cold one.

Baked Oysters on the Half Shell

1 Pt. Fresh Oysters 1 Cupful Milk or Cream
1/4 Cupful Butter Spice and Onion-juice
1 Pt. Bread-crumbs to Flavor—Salt and
2 Eggs Red Pepper

CHOP up the oysters and mix with bread-crumbs. Add the juice of the oysters, the butter, spices, a few drops of onion-juice, and the milk. Set on the stove and cook till thick. Remove and set aside to cool. When cold, beat in the eggs and fill the oyster shells. Bake inside the stove for a few minutes. Serve on oyster-plates garnished with thin slices of lemon.

Southern Candied Sweet Potatoes

6 Medium Sized Potatoes
3 Tablespoonfuls Butter
1 Cupful Brown Sugar
1/4 Teaspoonful Salt

BOIL the potatoes in their skins till tender. Peel and cut in slices. Make a sirup by heating the other ingredients. Lay the slices in a shallow pan and pour the sirup over them. Bake slowly till candied. Bits of dried orange-peel or a few sticks of cinnamon also add a delicious flavor to sweet potatoes cooked this way.

New Orleans Spaghetti

2 Onions 1 Level Cupful Grated
Butter or Drippings Cheese
1 Can Tomatoes 1/2 Box Spaghetti
2 Green Peppers Salt and Red Pepper

BROWN onions in butter in a hot skillet and add the tomatoes and the green peppers which have been shredded fine. Season with the salt and pepper and cook for twenty minutes. Cook the spaghetti in clear boiling water for twenty minutes. Put a layer of the spaghetti in a deep pan, then a layer of the sauce and cheese; alternate till the dish is full. Bake from thirty to forty minutes. If desired a can of mushrooms may be added to the sauce to give a richer flavor.

By ELISE WARD MORRIS

Corn Fritters with Plum Jelly

2 Eggs
1 Can Corn
1 Cupful Milk
1 Cupful Flour

1 Teaspoonful Baking-powder
Salt and Pepper
Plum Jelly

BEAT the yolks of the eggs and add the milk; add the corn, season with salt and pepper, and mix together well. Beat the whites of the eggs and add to them the baking-powder and the flour which have been sifted together. Mix all together with the corn and milk mixture and drop with a large kitchen spoon into very hot fat. Fry till a golden brown. Remove from the fat and with a fork dig out a hole in the center of each the size of a half dollar and fill with plum jelly. Serve on a flat platter.

English Chicken Pie

Chicken 2 Tablespoonfuls Flour
Salt and Pepper Bay-leaf
2 Tablespoonfuls Butter Allspice
1 Doz. Small Potatoes Celery
Onions Mushrooms
Pie Crust

JOINT a large tender chicken and sprinkle with salt and pepper. Melt in the butter and add the flour, stirring until smooth. Set aside to cool, then with it coat well the pieces of chicken. Pack in a deep kettle and flavor with bay-leaf and a few allspice. Cover the chicken well with boiling water and cook till tender. Line a baking-pan with a good pie crust, not too rich, and prick the bottom with a fork. Use half the chicken with a half dozen very small potatoes, a few stalks of celery, some small onions, a few mushrooms if convenient, and dot with butter. Roll out a very thin layer of crust small enough to escape the edge of the pan and cover the chicken. Add the other half of the chicken, with the same quantity of vegetables, and pour over it all the liquid in which the chicken was cooked. Cover the top of the pan with a moderately thick layer of crust, press down the edges with a fork and slash the covering criss-cross through the center. Allow the pie to bake in a hot oven for forty minutes. In case one chicken will not be sufficient one pound of veal can be cut into strips and treated just as the pieces of chicken. When done there will be a slight difference in the taste of the veal and the chicken. The addition of the veal materially lessens the cost.

A Simple Salad

1 Head of Lettuce 1 Cupful Chopped
2 Large Grapefruit Pecan Meat
French Dressing Roquefort Cheese

WASH the lettuce and line your salad bowl with the leaves. Remove all the white parts from the grapefruit and tear out the tender sections. Lay in the bowl on the lettuce and add the nut-meats. Mix your dressing with tarragon vinegar, adding a dash of curry powder. Let the salad stand with the dressing over it for at least an hour before serving, but do not stir it as the juice of the fruit will make it too acid. Just before serving add tiny bits of cheese but do not stir in.

Butter-scotch Pie

1 Cupful Brown Sugar 3 Tablespoonfuls Flour
2 Tablespoonfuls Butter or Corn-starch
1 Cupful Hot Milk
3 Tablespoonfuls Cream
1 Cupful Milk
1/4 Teaspoonful Salt
Vanilla Flavoring
Pastry 2 Eggs

COOK the cream, butter, and brown sugar together till waxy; add the hot milk to the sirup. Make a custard of the cold milk, eggs, salt, and flour. When cold, add the cream, etc., to the custard, also the flavoring. Line pie-tins with a good pastry and let it cook

before putting in the filling. Add the filling and put back in the stove long enough to get brown. Serve cold with whipped cream. This pie is not easy to make and is a bit more trouble than most pies, but when it is a success it is well worth your trouble of making.

Thanksgiving would not be complete without a cake in the pantry, and even if fruit cake is too full of richness this year, surely Mr. Hoover will forgive us the luxury of a simple white cake. To make this, mix two cupfuls and a half of flour, with two tablespoonfuls of corn-starch and three teaspoonfuls of baking-powder; sift at least five times. Beat the whites of six eggs until stiff. Cream a cupful of butter with two cupfuls of sugar, add a cupful of milk, then the flour and the eggs. Cream until light, add a little flavoring, and bake in a loaf.

MENU

Cream Onion Soup
Baked Oysters on the Half Shell
Ripe Olives Celery
Cranberry Sauce
English Chicken Pie
Southern Candied Sweet Potatoes
Corn Fritters
New Orleans Spaghetti
Lettuce and Grapefruit Salad
Butter-scotch Pie Coffee

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ON THE tables of the young housekeepers of to-day are seldom found the old-fashioned dishes that were so popular a generation ago. Perhaps the reason for their having fallen into disrepute lies in the fact that there are very seldom found carefully written rules for their preparation. Here are a few of them:



Steamed brown bread combined with chopped peanuts and American cheese makes good sandwiches

SCOTCH BROTH: Order three pounds of mutton, cut from the fore quarter. Wipe with a piece of cheesecloth wrung out of cold water, and cut lean meat in one-inch cubes. Put in kettle, add three pints of cold water, bring quickly to the boiling point, skim and add one-half cupful of barley which has been soaked overnight in cold water to cover, then drained. Simmer one and three-fourths hours, or until meat is tender. Put bones in a second kettle, cover with cold water, heat slowly to the boiling point, skim, and boil one and one-half hours. Strain and add stock to meat. Cook for five minutes, stirring constantly, two and one-half tablespoonfuls of butter with one-fourth cupful each of carrot and turnip cut in one-half-inch cubes, and one-fourth cupful each of celery and onion cut in thin slices. Add vegetables to soup, with one and one-half teaspoonfuls of salt and one-fourth teaspoonful of pepper, and cook until vegetables are soft. Melt two tablespoonfuls of butter and two tablespoonfuls of flour, and stir until well blended; then pour on gradually, while stirring constantly, one cupful of stock from soup. Bring to the boiling point and add gradually to broth. Just before serving add one-half tablespoonful of finely chopped parsley.

BOSTON BAKED BEANS: Pick over three cupfuls of pea beans, cover with cold water, and soak for several hours. Drain, put in stewpan, cover with fresh water, heat gradually to the boiling point, and let simmer until skins will burst, which is best determined by taking a few beans on the tip of a spoon and blowing on them, when skins will burst if sufficiently cooked. Beans thus tested will of course be thrown away. Drain beans. Scrape a three-fourths-pound piece of fat salt pork, remove a one-fourth-inch slice, and put in bottom of bean pot. Cut through rind of remaining pork at one-half-inch distances. Put beans in pot and bury pork in beans, leaving the rind exposed. Mix one tablespoonful of salt, two tablespoonfuls of sugar, and two tablespoonfuls of molasses. Add one cupful of boiling water and pour mixture over beans; then add enough boiling water to cover beans. Bake in a slow oven eight hours, uncovering the last hour of the cooking that the rind may become brown. Add more boiling water as needed.

STEAMED BROWN BREAD: Mix and sift one cupful of rye meal, one cupful of granulated corn meal, one cupful of Graham flour, three-fourths tablespoonful of soda, and one teaspoonful of salt. Add three-fourths cupful of molasses and one and three-fourths cupfuls of water. When well mixed, turn into a well-buttered mold, adjust buttered cover and tie down with a soft string; place mold on a trivet in kettle containing boiling water (allowing water to come half way up around mold), cover closely and steam three and one-half hours, adding more boiling water as needed. Use a perforated tin cover as a trivet.

BUCKWHEAT CAKES: Pour two cupfuls of hot scalded milk over one-third cupful of fine bread crumbs and soak thirty minutes. Add one-half teaspoonful of salt, one-fourth yeast cake, broken in pieces and dissolved in one-half cupful of lukewarm water, and buckwheat flour to make a batter thin enough to pour, the amount required being

BAKED INDIAN PUDDING: Scald one quart of milk in a double boiler. Add five tablespoonfuls of granulated Indian meal gradually, while stirring constantly, and cook fifteen minutes; add two tablespoonfuls of molasses, one teaspoonful of salt, three-fourths teaspoonful of cinnamon, one-half teaspoonful of ginger, and two eggs, well beaten. Turn into a buttered dish, add one cupful of cold milk; bake one hour.

EGG SAUCE: Melt one-third cupful of butter, add three tablespoonfuls of flour, and stir until well blended; then pour on gradually, while stirring constantly, one and one-half cupfuls of hot water. Bring to the boiling point and season with one-half teaspoonful of salt and one-eighth teaspoonful of pepper. Just before serving add one egg, slightly beaten, and one teaspoonful of lemon juice.

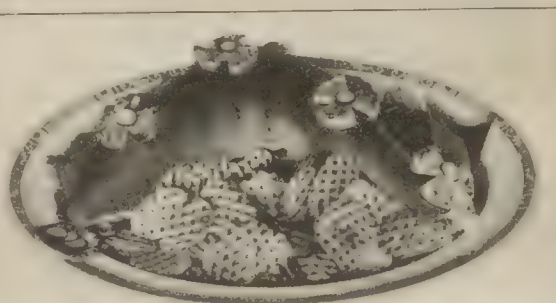
HARD SAUCE: Work one-half cupful butter until creamy and add one and one-fourth cupfuls brown sugar gradually, while beating constantly. When mixture is very creamy add very gradually two tablespoonfuls cream; then add, drop by drop (to prevent a separation), one tablespoonful of vanilla, one half tablespoonful of lemon extract and two teaspoonfuls of salt.

PEANUT BROWN BREAD SANDWICHES: Steam brown bread mixture in one-pound baking powder boxes (being sure that the boxes do not leak) for about two hours. Cut in thin slices crosswise, spread sparingly with creamed butter and sprinkle with finely chopped peanuts seasoned with salt. Put together in parts and garnish top of each with one-half nut meat. Arrange around cheese wafers made of American cheese cut in thin slices, shaped with a small round cutter and then sprinkled with paprika.

SALT CODFISH BALLS (much more delicate than fish cakes): Wash salt codfish in cold water and pick in very small pieces; there should be one cupful. Wash, pare, and cut potatoes in pieces of uniform size; there should be two heaping cupfuls. Put fish and potatoes in stewpan, cover with boiling water, and let boil until potatoes are soft. Drain through strainer, return to hot stewpan in which they were cooked, and mash thoroughly. Add one-half tablespoonful of butter, one egg, well beaten, and one-eighth teaspoonful of pepper. Beat with a fork two minutes. Add more salt if necessary. Take up by spoonfuls, put in skimmer and fry one minute in deep fat. Drain on soft paper. Reheat the fat between the fryings.

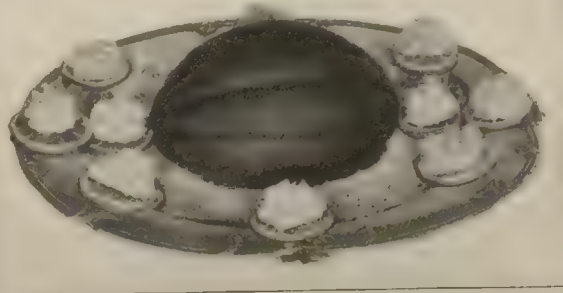
RAISIN FRITTERS: Scald two cupfuls of milk in double boiler with one-inch piece of stick cinnamon. Mix one half of a cupful of sugar, one fourth of a cupful of cornstarch, three tablespoonfuls of flour, and one-half teaspoonful of salt. Add gradually, while stirring constantly, one fourth of a cupful of cold milk, then add mixture gradually to scalded milk and cook ten minutes, stirring constantly until mixture thickens. Add yolks of three

eggs slightly beaten, one-half teaspoonful of vanilla and one third of a cupful of raisins, cooked until plump in boiling water to cover, drained, seeded, and chopped. Place in pan, spread evenly, and cool. Remove, cut in two-inch squares, dip in crumbs, egg and crumbs; fry in deep fat and drain on brown paper. Serve hot with vanilla or lemon sauce.



BAKED STUFFED HADDOCK: Clean a four-pound haddock, sprinkle with salt, inside and outside, stuff, and sew. For the stuffing mix one-half cupful of cracker crumbs, one-half cupful of stale bread crumbs from which crusts have been removed, one-fourth cupful of melted butter, one teaspoonful of finely chopped onion, one-fourth teaspoonful of salt, one-eighth teaspoonful of pepper, and one-third cupful of hot water. Cut five diagonal gashes on each side of backbone and insert strips of fat salt pork. Place on greased sheet in dripping pan, sprinkle with salt and pepper, brush over with melted butter and flour, chop and place around fish two three-by-four-inch slices of fat salt pork. Bake one and one-fourth hours in a hot oven, basting every ten minutes. Garnish and serve with lattice potatoes and Egg Sauce.

SUET FRUIT PUDDING: Work one cupful of suet until creamy, and add two and two-thirds cupfuls of stale bread crumbs and one cupful of grated raw carrot. Beat yolks of four eggs until light, and add one and one-third cupfuls of brown sugar gradually, while beating constantly. Combine mixtures and add one tablespoonful of vinegar and the grated rind of one lemon. Mix one cupful of chopped raisins with three-fourths cupful of currants. Dredge with one-eighth cupful of flour, sifted with one and one-half teaspoonfuls of salt, one teaspoonful of cinnamon, one half teaspoonful of nutmeg, one-fourth teaspoonful of clove; add to mixture. Then add whites of four eggs, beaten until stiff; place in buttered mold, cover; steam three and one-half hours. Serve with Hard Sauce.



Serve codfish balls of fish and potatoes for breakfast Thanks giving morning

NOTE: In my recipes all measurements are made level. Measuring cups, divided into thirds and tenths, are used; also tea and measuring spoons.

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Sweet Potato Custards

- 2 Cupfuls of Mashed Sweet Potatoes
- 2 Cupfuls of Milk
- 2 Eggs
- 1/2 Cupful of Sugar
- 2 Teaspoonfuls of Salt
- 2 Teaspoonfuls of Shortening

MASH the sweet potato through a wire strainer or potato ricer; then add the milk and the yolks of the eggs; the sugar, salt, ginger and mace; beat for three minutes; then fold in the whites of the eggs, which have been beaten until dry. Brush custard cups with butter substitute and fill them two-thirds full; sprinkle the tops with cinnamon, place in a moderate oven and bake for thirty five or forty minutes. Serve in the cups in which the custards were baked.

Pumpkin Pudding

- 4 Cupfuls of Cooked Pumpkin
- 2 Teaspoonfuls of Ground Ginger
- 2 Cupfuls of Milk
- 1 Teaspoonful of Grated Nutmeg
- 1 Cupful of Sugar
- 1 Teaspoonful of Cinnamon
- 1 Teaspoonful of Butter Substitute

AFTER cooking the pumpkin, drain it in a colander for one hour, then mash it through the colander; add the milk, the well beaten eggs, sugar and spice; mix well; pour into a baking dish brushed with the butter substitute and sprinkle the top with the cinnamon. Bake in a slow oven for one hour. Serve while warm.

Rhubarb Belly

- 1 Pint Jar of Canned Rhubarb
- 2 Cupfuls of Bread Crumbs
- 1 Teaspoonful of Ground Cinnamon
- Sugar to Taste

BRUSH a baking dish with butter substitute; cover the bottom with crumbs; one inch deep, then with alternate layers of rhubarb and crumbs; sprinkle the sugar over each layer of rhubarb. If the rhubarb was canned with sugar very little or none need be used. Sprinkle the top with cinnamon and put the rest of the butter substitute on top. Cover and place in a

moderate oven for forty minutes. Uncover and bake for fifteen minutes longer. Serve with syrup.

Steamed Carrot Pudding, Lemon Sauce

- 1 Cupful of Grated Raw Carrot
- 2 Teaspoonfuls of Cinnamon
- 1 Cupful of Seedling Raisins
- 1 Cupful of Dry Bread Crumbs
- 1 Cupful of Boiled Raisins
- 1 Cupful of Sugar

MIX all well together; add enough cold water to make a stiff mixture; brush a mold or a bowl with drippings. Close, and steam for three hours and a half or four hours. Serve warm with lemon sauce. To reheat the pudding put it in the top of a double boiler until warmed through. This pudding will keep a week.

LEMON SAUCE: Add to one cupful of boiling water one tablespoonful of corn-starch, which has been mixed with cold water; boil for three minutes; add one tablespoonful of lemon juice, a quarter of a cupful of sugar, one tablespoonful of caramel and a pinch of salt. If you do not wish to make a lemon sauce, any tart fruit syrup may be used as a sauce.

Cranberry Pudding

- 2 Cupfuls of Cranberries
- 1 Cupful of Sugar
- 1 Cupful of Soda
- 1 Cupful of Day Bread Crumbs
- 1/2 Cupful of Water

CUT the cranberries into halves and put them into a bowl; add the crumbs, flour, and the sugar; from which all the skin and fiber have been removed and the seed put through a food chopper; add the raisins, which have been dipped in flour, and the sugar and salt. Mix all well together and add water enough to hold together. Brush a mold or a bowl with drippings, put in the mixture, cover and bake slowly for an hour and a half. Or set the bowl in a pan of water, cover, and put into the oven for two hours. Serve with fruit syrup.

Hubbard-Squash Pudding

- 4 Cupfuls of Cooked Squash
- 3 Eggs
- 1/2 Cupful of Brown Sugar
- 1 Teaspoonful of Salt
- 1 Teaspoonful of Butter Substitute

MASH the squash through a strainer; add the well beaten eggs, sugar and flavoring; mix well; brush a custard cup with butter substitute and fill with the mixture; place in a moderate oven for forty five minutes. Test the same as a cup custard by putting a silver knife in the center. If it comes out dry the pudding is done. Serve in the cups either warm or cold as preferred.

Apple Fritters

- 6 Medium-Sized Cooking Apples
- 1 Cupful of Milk
- 1 Cupful of Flour
- 2 Teaspoonfuls of Baking Powder
- 1/2 Teaspoonful of Salt
- 2 Eggs

WASH, pare and core the apples; cut into rounds a quarter of an inch thick. Dip into the batter and then fry in deep, hot fat or oil. Sprinkle with pulverized sugar. The batter is made as follows: Sift the flour, baking powder and salt into a bowl; add the milk slowly and the well beaten eggs; mix well, and it is ready for the apples.

Apple and Corn-Meal Pone

- 2 Cupfuls of Corn Meal
- 2 Cupfuls of Chopped Apples
- 2 Teaspoonfuls of Baking Powder
- 2 Cupfuls of Boiling Water
- 2 Eggs

PUT the corn meal into a bowl, cover with boiling water and mix until smooth; cover with a cloth; when cold add the well beaten eggs and beat for two minutes; add the apples, butter substitute, salt and baking powder, and mix well. Brush three large pie tins with butter substitute, pour in the mixture and put it in a moderate oven; bake for twenty five or thirty minutes; serve warm with fruit syrup or tart apple jelly.

Apples With Fluff Dumplings

- 1 Quart of Apples
- 1/2 Cupful of Brown Sugar
- 1 Teaspoonful of Cinnamon
- 1 Teaspoonful of Grated Nutmeg
- 1 Cupful of Flour
- 2 Teaspoonfuls of Baking Powder
- 1/2 Teaspoonful of Salt
- 1/2 Milk as Needed
- Shortening

WASH, pare and core the apples; quarter and place in a saucepan, which has a close fitting lid; add one cupful of water; cover and boil for ten minutes. Sprinkle over with the sugar, and cinnamon or nutmeg; place the dumplings on top of the apples; cover and boil for ten minutes without lifting the lid. Serve with milk.

DUMPLINGS: Sift the flour, salt and baking powder into a bowl; add one teaspoonful of shortening, and rub it in lightly; add the milk slowly. Take a teaspoonful of flour, roll, roll and, when all are finished, place on top of the apples.

This pudding may be made with canned or dried apples. If dried apples are used, soak over night and boil until soft in the same water in which they have been soaked; then add the dumplings and finish as above.

Apple Buns

- 4 Cupfuls of Chopped Apples
- 1 Teaspoonful of Baking Powder
- 1/2 Cupful of Brown Sugar
- 2 Teaspoonfuls of Cinnamon
- 2 Cupfuls of Flour
- 1 Teaspoonful of Milk

SIFT the flour, baking powder and salt into a bowl; add the shortening, and rub it in very lightly; add enough milk to make a dough that can be rolled out a quarter of an inch thick. Brush it with butter substitute, cover with apples and sugar and sprinkle with cinnamon. Roll the same as jelly roll. Cut into pieces two inches long; place each piece, cut side down in a baking dish or a large muffin pan which has been brushed with butter substitute. Bake in a slow oven for forty or forty-five minutes. Remove from the pan at once, bottom side up. They will look like sticky cinnamon buns when done.

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The Economical Hot-pot

Dishes Which Will Save Fuel, Time, Money, and Waste for the Perplexed Housewife

By
MARION HARRIS NEIL

ILLUSTRATED FROM
PHOTOGRAPHS



On Your Meatless Day Try a Vegetable Hot-pot as a Substitute

Beef Hot-pot

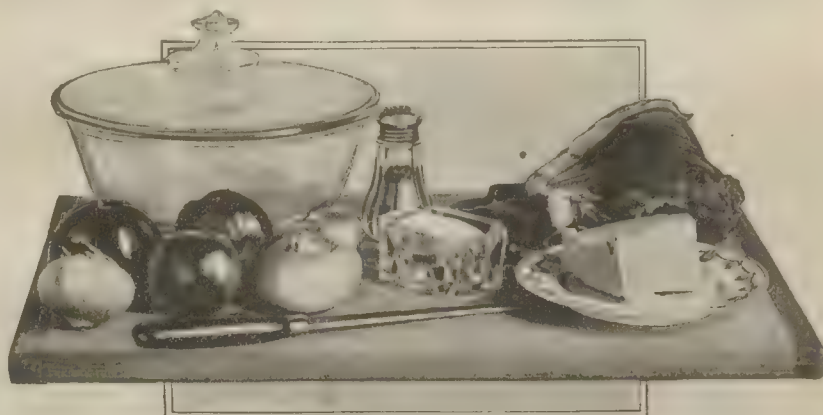
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|----------------------------------|-----------------------|
| 2 Lbs. Beef | 1 Cupful Cold Cooked |
| 1 Egg | Chopped Bacon, |
| $\frac{3}{4}$ Cupful Stock or | Ham, or Tongue |
| Water | 3 Large Skinned Toma- |
| 2 Tablespoonfuls | atoes |
| Flour | 2 Onions |
| 1 Tablespoonful But- | 1 Cupful Soaked Lima |
| ter or Drippings | Beans |
| 1 Cupful Bread-crumbs | 1 Teaspoonful Salt |
| $\frac{1}{2}$ Teaspoonful Pepper | |

SOAK the beans overnight in cold water and boil until three parts done. Mix bread-crumbs, bacon, and one teaspoonful of chopped onion with seasonings, thickening with egg; spread on the beef cut into four-inch pieces and roll. Grease the hot-pot and line with beans; fill with meat rolls and thin slices of onion and tomato; cover with beans and slices of onion. Make a sauce of flour and stock, and pour into the pot; bake two to three hours.

Vegetable Hot-pot

- | | |
|-----------------------|-----------------------------------|
| 5 Tablespoonfuls But- | $\frac{1}{2}$ Teaspoonful Pepper |
| ter or Drippings | $\frac{1}{4}$ Peck String-beans |
| 3 Onions | 1 Lb. Potatoes |
| 3 Carrots | 1 Bunch Parsley |
| 1 Stalk Celery | $1\frac{1}{2}$ Pt. Stock or Water |
| 1 Teaspoonful Salt | 6 Tablespoonfuls Flour |

MELT the butter or drippings in the pot, add the vegetables cut in slices, and cook for ten minutes until a nice light-brown color. Remove the vegetables, add the flour, and cook until brown, then add the salt, pepper, stock or water, and bring to the boil, then add the vegetables, and cook gently for two hours. A slice of fat bacon or pickled pork, laid either in the center or on the top of this dish, adds greatly to its flavor. This hot-pot will not only appeal to the palate of the vegetarian but will prove a welcome addition to many a family menu.



A Beef Hot-pot Served in a Glass Baking-dish Is Good to Both Eye and Palate

Scotch Hot-pot

- | | |
|-----------------------------------|----------------------------------|
| 2 Lbs. Middle Neck | 3 Stalks Celery |
| of Mutton | 1 Tablespoonful |
| $\frac{1}{2}$ Cupful Pearl Barley | Chopped Parsley |
| 2 Carrots | 1 Teaspoonful Salt |
| 2 Turnips | $\frac{1}{2}$ Teaspoonful Pepper |
| 2 Onions | $\frac{1}{2}$ Package Macaroni |

WASH the barley and place in an earthenware pan with the sliced onions, shredded turnips and carrots, and diced celery. Cover with boiling water and simmer until the barley is nearly soft. Fill a hot-pot with alternate layers of the mutton, cut up into small pieces, vegetables, barley, chopped parsley, and seasonings. Pour in sufficient of the liquid from the barley to cover. Cook on top of the range or in the oven. During the cooking, boil the macaroni until soft, drain well, season, and just before the hot-pot is sent to the table spread over the surface of the meat.

Chicken Hot-pot

- | | |
|-----------------------|-----------------------------------|
| 1 Large Fowl | 2 Tablespoonfuls But- |
| $\frac{3}{4}$ Lb. Ham | ter or Drippings |
| 3 Lbs. Potatoes | 1 Tablespoonful |
| 2 Large Onions | Chopped Parsley |
| 2 Cupfuls Stock or | 1 Teaspoonful Salt |
| Water | $\frac{1}{2}$ Teaspoonful Paprika |

PEEL the potatoes and parboil for ten minutes in salted water; cut into slices about three-fourths of an inch thick. Peel and cut the onions in rings, divide the fowl into convenient-sized joints, and the ham into small squares. Fill the pot with layers of chicken, ham, potatoes, onions, parsley and seasoning, with potato on top. Pour in the stock, putting in small pieces of butter or drippings, cover, and bake in a slow oven about three hours. Add more stock during the cooking if necessary, and during the last half hour remove the lid to brown the potatoes.



WHOLESALE FLOUR.

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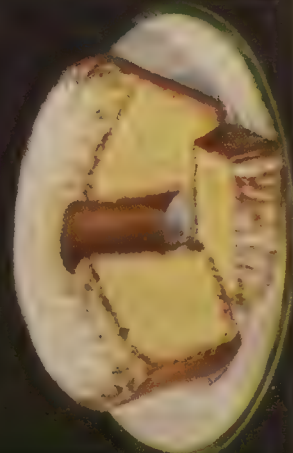
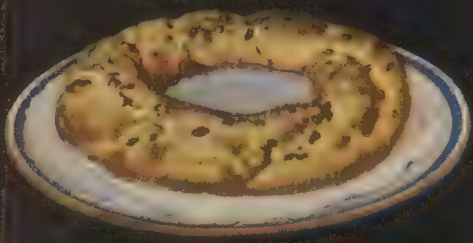
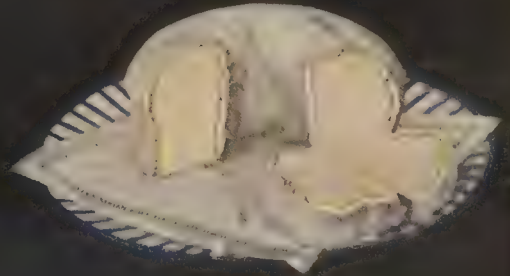
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Christmas Dishes We Know are Good

Contributed by Home Journal Readers

Nut Chowder

- | | |
|---|---------------------------------------|
| 2 Medium-Sized Potatoes | 1 Tablespoonful of Butter |
| 2 Tablespoonfuls of Chopped Mixed Nut Meats | 1 Quart of Water |
| 1 Large Onion | 1 Dessertspoonful of Peanut Butter |
| 2 Fresh Tomatoes or Some Canned Tomatoes | 1 Teaspoonful of Salt |
| | $\frac{1}{2}$ Cupful of Cream or Milk |

CUT the potatoes and onion into thin slices but do not chop them. Cut the tomatoes into small pieces. Dissolve the peanut butter in the cream or milk. Put all these ingredients into water, and simmer until the potatoes and onion are tender. Just before serving, add the salt and the butter.

Holiday Jelly

- | | |
|--|---|
| $1\frac{1}{2}$ Tablespoonfuls of Gelatin | $\frac{1}{4}$ Cupful of Chopped Candied Citron Peel |
| 1 Ounce of Chocolate or Cocoa | 1 Tablespoonful of Orange Juice |
| 1 Cupful of Sugar | $\frac{1}{2}$ Cupful of Boiling Water |
| 2 Cupfuls of Milk | Whipped Cream |
| 1 Cupful of Sultana Raisins | |
| $\frac{1}{2}$ Cupful of Currants | |

MIX the raisins, currants and citron peel with the orange juice. Scald the milk and sugar together; then add the gelatin dissolved in the boiling water, and the chocolate melted. Allow to cool; then add the fruit, and turn into a serving dish to stand until it is firm. Serve with whipped cream.

Chicken Soufflé

- | | |
|---|-----------------------------------|
| $\frac{1}{2}$ Pound of Uncooked Chicken | Pepper and Salt |
| Whites of 2 Eggs | $\frac{1}{2}$ Ounces of Butter |
| $\frac{1}{2}$ Pint of Cream | Yolks of 2 Eggs |
| | $\frac{1}{2}$ Pint of White Sauce |

PUT the chicken meat through a meat chopper, then pound it in a mortar with the butter and the yolks of the eggs; season with salt and pepper, and rub through a fine sieve. Whip the whites of eggs stiffly and the cream slightly, and add them to the chicken mixture. Place in a well-buttered soufflé mold, cover with buttered paper, and steam gently for from fifty to sixty minutes; or fill up small molds and steam for about twenty-five minutes. Make a good rich white sauce, pour over, and serve.

WHEN one considers the amount of expensive ingredients put into the usual fruit cake, to say nothing of the time and work given to the mixing and baking, one sometimes wonders why folks cling to the custom of having Christmas fruit cake. No one denies that fruit cake is expensive, hard to make and hard to digest; yet the Christmas preparations seem incomplete without the mixing of a fruit cake.

To those doing light housekeeping, fruit cake usually means a few pounds bought at a bakery; but even when this is almost as good as "home-made," you feel as if you had been cheated.

There is no part of the Christmas preparations that is more enjoyable than the buying, preparing and mixing of this cake. And when one has grown up to know that a certain day of each November means the gathering of the family to help mother prepare the "goodies" that go into the Christmas cake, no bought or ready-made cake will ever satisfy.

Moved to invention by the desire still to mix my own cake even though light-housekeeping, I conceived the idea of my uncooked fruit cake. This, of course, required quite a bit of experimenting to get ingredients that would blend well and also hold together so it would slice nicely. But the result has proved so satisfactory that to cook fruit cake now seems a waste of time and material.

The uncooked nuts and fruits in this cake, mixed, as they are, with blended spices and fruit juices, give it a most delightful flavor. And another thing found in its favor is that it can be eaten without the fear of indigestion, as the ingredients are not only good but are also good for us.

AS WILL be seen by the recipe, this cake requires no eggs; butter is replaced by olive oil; honey is the only sweetening, and cereals take the place of flour. It is better if made a month before needed, and it will keep any length of time if taken care of in the same way as other fruit cake. Of course, if it is to be kept longer than six months the nuts must be left out, for they will become rancid.

If the recipe is carefully followed and the measuring and the mixing are exact, the housewife need never fear a failure in making this

An Excellent Plum Pudding

- | | |
|---|---------------------------------|
| 2 Pounds of Seeded Raisins | 2 Cupfuls of Flour |
| 2 Pounds of Well-Cleaned Currants | 2 Pounds of Suet |
| $\frac{1}{2}$ Pound of Chopped Candied Citron Peel | 3 Lemons |
| $\frac{1}{2}$ Pound of Blanched and Chopped Almonds | 6 Well-Beaten Eggs |
| 2 Pounds of Bread Crumbs | 2 Pounds of Brown Sugar |
| | 4 Grated Nutmegs |
| | 2 Tablespoonfuls of Salt |
| | 1 Tablespoonful of Mixed Spices |
| | Milk |

MIX all the dry ingredients together; then add the strained juice of the lemons, the eggs and sufficient milk to moisten but not wet. Leave overnight in a cool place. Divide the mixture into well-buttered molds, cover with cloths tied on tightly, and boil steadily for eight hours. Boil for one hour when wanted for use.

Frozen Cheese Salad

- | | |
|--|--|
| 5 Small Cream Cheeses | $\frac{1}{2}$ Cupful of Cream, Whipped |
| $\frac{1}{2}$ Cupful of Chopped Pecan Nuts | 2 Tablespoonfuls of Olive Oil |
| 2 Chopped Green Peppers | 1 Scant Teaspoonful of Salt |
| 1 Can of Pimiento | Dash of Paprika |
| $\frac{1}{2}$ Cupful of Mayonnaise | |

CREAM the cheeses with a spoon. Chop or grind the nuts, peppers and pimientos. Drain all juice off of the pimientos, after chopping. Stir these into the creamed cheeses; add salt and paprika, mayonnaise and olive oil, and lastly the whipped cream. Place in a mold and chill in equal parts of ice and salt for three hours. Run a hot knife around the edges of the mold to loosen, and turn out on platter. Cut in any shape desired. Serve on lettuce.

Turkey Dressing

- | | |
|-------------------------------------|--------------------------------------|
| 1 Large Apple | $\frac{1}{4}$ Cupful of Diced Celery |
| 1 Large Onion | Salt and Pepper to Taste |
| 3 Slices of Dry Bread | 3 Tablespoonfuls of Butter |
| 2 Eggs | Powdered Allspice and Grated Nutmeg |
| $\frac{1}{4}$ Pound of Pork Sausage | |
| 1 Tablespoonful of Chopped Parsley | |

SLICE the onion and the apple and cook them in the butter for five minutes. Soak the bread in a little milk; then drain, and add the onion, apple, beaten eggs, sausage, celery, parsley, spices and seasonings. Mix well and use.

cake, and it will prove a delightful surprise to both family and guests. The recipe follows.

UNCOOKED FRUIT CAKE

- | | |
|---|---|
| $1\frac{1}{2}$ Pounds of Seeded Raisins | 2 Cupfuls of Oatmeal |
| $\frac{1}{2}$ Pound of Dried Currants | $1\frac{1}{2}$ Cupfuls of Wheat Biscuit |
| $\frac{3}{4}$ Pound of Dates | 1 Cupful of Grape Juice |
| $\frac{1}{2}$ Pound of Figs | 1 Cupful of Thick Blackberry Juice |
| $\frac{1}{2}$ Pound of Candied Cherries | $\frac{3}{4}$ Cupful of Strained Honey |
| $\frac{1}{2}$ Pound of Crystallized Pineapple | 4 Tablespoonfuls of Olive Oil |
| $\frac{1}{4}$ Pound of Citron | Spices to Flavor Well |
| $\frac{1}{4}$ Pound of Shelled Pecans | |

COMBINE the fruit juices and drop into them a few pieces of cinnamon bark, a few whole cloves, allspice, and about an eighth of a teaspoonful of nutmeg. Place the mixture over a slow fire and allow it to simmer until it is well flavored with the spices. Do not let it boil rapidly at all, and, when flavored, remove it from the fire and strain through cheesecloth.

Run the oatmeal and wheat biscuit through a meat chopper before measuring. Reheat the fruit juice to the boiling point, and pour it over the cereals; then cover it closely and set it away overnight.

Prepare the fruit and the nuts as for the usual fruit cake. The currants will need washing through half a dozen waters and must dry overnight. If one prefers they may be left out and the same amount of some other fruit used instead; but the flavor of the currant will repay one for the extra trouble of cleansing. The nuts are best broken into small pieces; the raisins, dates, figs, pineapple and citron cut into bits, and the cherries left whole. When ready to mix measure the honey and olive oil, and stir them into the cereals and fruit juice. Combine the nuts and fruits and work them into this, using the hands. The mixing must be done in a large pan so as to blend everything thoroughly.

Line a pan with white paper brushed over with olive oil. Pack the mixture in this, a little at a time, pressing it down until it is perfectly solid. Decorate the top with nuts and cherries, and cover it with a paper brushed in oil.

Put the cake in a covered bread tin and set it in a cool place for several weeks or longer. Several days before cutting it wrap it in a cloth wet with grape juice.



The Uncooked Fruit Cake

Pineapple Pancakes with Honey

2 cups all-purpose flour
1½ teaspoons salt
4 teaspoons baking powder
1 egg
1½ cups milk
1 cup crushed pineapple
1 tablespoon melted fat
Sift and measure dry ingredients. Add beaten egg and milk. Fold in drained crushed pineapple and melted fat. Bake on a hot griddle and serve with honey.

Toasted Sausages

To prepare toasted sausages, place canned Vienna sausages under broiler until they are brown and crisp.

It seems a good idea to keep one or more cans of the different fruit juices, pineapple, tomato, grape, etc., in the refrigerator at all times. Served in cocktail glasses with any of the great variety of packaged crackers, they add a flourish to many occasions.

Cream Georgette

1 tablespoon gelatin
¼ cup cold water
¼ cup hot water
¼ cup sugar
¼ teaspoon salt
¼ cup Sherry wine
3 tablespoons lemon juice
¾ cup heavy cream, whipped
12 chopped maraschino cherries
6 macaroons, rolled or broken in small pieces.
2 egg whites

Sprinkle gelatin on top of cold water. Soak for 5 minutes, or add the hot water, sugar and salt immediately, according to the directions on the package; stir until dissolved.

Cool and add wine and lemon juice. When it begins to thicken fold in the whipped cream and cherries. Fold in stiffly beaten egg whites very lightly. Rinse mold in cold water and fill with the mixture, sprinkling in the macaroon crumbs between additions. (Any cake crumbs may be used.) Chill until firm. Unmold and garnish with whipped cream, cherries and nuts. Serve with sponge cake. This makes 6 servings.

Southern Fruit Pie

5 tablespoons quick cooking tapioca
1 cup boiling water
1 cup hot grape juice
½ teaspoon salt
1 teaspoon butter
1 cup sugar
½ teaspoon nutmeg
½ cup broken walnut meats
6 medium-sized apples
1 medium-sized baked pastry shell

Sprinkle tapioca into vigorously boiling water; then add hot grape juice and salt. Place in double boiler to cook slowly, about fifteen minutes, or until tapioca is clear. Remove from heat, add butter, sugar, nutmeg and broken walnut meats. Peel, core and cut the apples into eighths. Mix all together and pour into a pie pan lined with plain, baked pastry. Bake for ten minutes in a very hot oven (450 degrees F.), then reduce heat to moderate (350 degrees F.) for twenty minutes. Serve this with a heaping pile of whipped cream if desired. This makes six servings.

Artichoke Hearts in Lemon Aspic

2 packages lemon flavored gelatin
1½ cups hot or warm water
1 cup cold water
6 tablespoons vinegar
4 teaspoons grated onion
2 teaspoons salt
½ teaspoon paprika
Few grains cayenne
4 hard-cooked eggs
1 teaspoon prepared mustard
Few grains pepper
2 tablespoons mayonnaise
6 fresh artichoke hearts
Dissolve gelatin in hot or warm water, ac-

ording to directions on the package. Add cold water, vinegar, onion, one teaspoon salt, paprika and cayenne. Set aside to chill and thicken. Separate yolks from whites of eggs. Mash yolks with the mustard, remaining salt, pepper and mayonnaise. Reserve 12 rings of egg whites. Chop remainder and add to yolks. Stuff artichoke hearts with the mixture. Arrange in ring mold and alternate with rings of egg white. Pour on thickened gelatin mixture and chill until firm. Unmold on a bed of crisp lettuce. This serves 6.

Grilled breast of spring lamb is highly appetizing when served with young carrots.

Grilled Breast of Spring Lamb

1 breast of spring lamb
1 tablespoon oil
Salt and pepper
Melted butter
Bread crumbs
Lemon juice
Parsley

Flatten a breast of spring lamb with a cleaver. Rub over with the oil, season with salt and pepper and broil on a slow broiler 15 minutes on each side, then remove and pour melted butter over the breast and turn lightly in fresh bread crumbs. Broil again 2 minutes on each side; remove, dress on a hot platter and pour butter, mixed with lemon juice and parsley, over breast. This makes 4 servings.

Savory Young Carrots

12 young carrots
4 tablespoons butter
1 chopped green pepper
1 chopped pimiento
Salt and pepper
½ teaspoon sugar

Scrape and clean carrots, cut in two and cook in salted water for 20 minutes. Drain, sauté the carrots in the butter for 5 minutes with the chopped green pepper and pimiento; season with salt, pepper and sugar.

This is definitely the veal season when every one enjoys juicy cutlets and roast veal served with spring vegetables. Calf's liver, too, will be a treat, especially with a crown of tomato rounds and grilled Bermuda onion.

Dollar Sandwiches

Sandwich bread
Cream cheese
Evaporated milk
Garnishes
Slice bread and cut in rounds the size of a silver dollar. Spread with cream cheese which has been softened with evaporated milk. Garnish with slices of stuffed olives or with sprigs of parsley and bits of maraschino cherry.

Luncheon is a difficult problem because it requires more courses. Don't despair when Cousin Clara comes on the very day you've planned to clean the attic. Serve her this

Luncheon

Iced Tomato Juice Crisp Rye Bread
Baked Eggs in Macaroni
Mixed Pickles Currant Jelly
Biscuits made with Prepared Flour
Toasted Coconut Sundae Coffee

Materials (to serve 4)

1 medium can tomato juice
1 package crisp rye bread
1 package macaroni
1 can grated cheese
1 can evaporated milk
1 jar mixed pickles
1 jar currant jelly
1 package prepared biscuit flour
1 can coconut

Baked Eggs in Macaroni

1 tablespoon shortening
1 tablespoon all-purpose flour
½ cup evaporated milk diluted with
½ cup water
1 teaspoon salt
¼ teaspoon pepper
½ cup grated cheese
2 cups cooked macaroni
4 eggs

Melt butter and blend with flour. Gradually add diluted evaporated milk and cook until smooth and thickened. Add cheese and seasoning and cook until melted. Pour over macaroni in a baking dish. Make 4 hollows and drop in eggs. Bake in a moderate oven (350 degrees F.) for 15 minutes. This makes servings.

Toasted Coconut Sundae

3 squares chocolate
¼ cup water
1 cup sugar
¼ cup white corn syrup
1 cup evaporated milk
1 teaspoon vanilla

Melt chocolate and gradually add water. Stir until smooth. Add sugar and syrup and cook to soft ball stage (238°F). Remove from fire and add evaporated milk. Flavor and serve hot over vanilla ice cream. Garnish with toasted coconut.

The chocolate sauce used in the sundae may be stored in a covered jar in the refrigerator. So it seems a good idea to keep it on hand. Simply heat it over hot water at the proper moment for serving. This sauce also makes an excellent dressing for a plain cake.

The quickly prepared dinner does not need to be a task. If an absent-minded husband calls at five-thirty to say he is bringing an important customer for dinner, don't try to wish the two chops into three. Put them back in the refrigerator and serve this dinner from your emergency shelf.

Après les fièvres frottez chevelu avec du jus de citron. Le jus de citron chauffé élimine les taches de sur le linge. Humectez le citron trempé dans le jus de citron jusqu'à complète disparition des taches. On peut garder les citrons pendant des mois. Les mettre à dans le garde-manger.

Business
HORSE

#250.

SHOVEL .55
TONGS .75
POKER .25

College Merchandise

CHAIRS, \$13.50



Spanish Omelet

6 strips bacon
6 eggs
1 sliced ripe olives
1 seedless raisins
6 large mushrooms
1 teaspoonful paprika
1 cupful milk
1 tablespoonful minced green pepper

Fry the bacon, remove, and keep hot. Then in the fat cook the pepper, pimiento, parsley, onion, olives, raisins, mushrooms, and paprika together until tender. When cooked add the flour and one-fourth teaspoonful of salt. Beat the whites of the eggs stiff and dry. Beat the yolks until lemon-colored and add one-half teaspoonful salt and the milk. Fold in the stiffly beaten egg-whites. Pour this egg mixture into a hot omelet-pan, in which the butter has been melted. Cook until brown on the bottom, then place in a moderate oven for about five minutes or until it is dry on top. When cooked spread the filling on one half and turn over the other half of the omelet to cover. Garnish with the hot strips of bacon.

Mrs. Ian McLaren, 333 East Park St., Stockton, Cal.

Yale Blueberry Cake

1/4 cupful butter
1/4 cupfuls sugar
1 egg
1 1/2 cupfuls flour
2/3 teaspoonfuls soda
1 teaspoonful cream of tartar

Cream together butter, sugar, and egg-yolk; sift the flour with the soda, cream of tartar, and salt, and add alternately with the water to first mixture. Add flavoring and egg-white beaten stiff. Spread half the batter in a pan, add berries to remaining batter, and spread on top. Bake about forty-five minutes in a moderate oven.

Mrs. A. D. Fillmore, Harvard, Mass.

Chocolate Pudding

1 pint milk
2 eggs
1/4 cupful fine dry bread-crumbs
1 1/2 squares chocolate

Soak the crumbs in the milk for thirty minutes and then add the chocolate and scald. When the latter is melted, add the sugar and salt, and pour onto the eggs, which should be slightly beaten, and cook for fifteen minutes in a double boiler. For the top dressing, sift the apples and beat the egg-white stiff. Add to the latter the apple-pulp and the tablespoonful of sugar, and beat together till fluffy; heap over the pudding and serve very cold with or without cream. If desired, a few drops of vanilla may be added to the chocolate custard.

Mrs. C. V. Hoffman, Bound Brook, N. J.

Cold Fruit Pudding

2 cupfuls stale cake-crumbs
1 cupful whipped cream

If possible, a few fruit-cake crumbs should be used in the two cupfuls. The prunes should be measured after the skin and stones have been removed. Mix fruit and crumbs till they are like a smooth paste, then add cream, and beat till well blended. Turn into a shallow granite pan and stand in a cool place for three hours. Cut into square portions for serving and accompany with whipped cream. The prune mixture should not be liquid, or the pudding will not be stiff enough.

Mrs. Mabel C. Wymond, Aurora, Ind.

Huckleberry Pudding

1/2 cupful butter
1 cupful powdered sugar
1/4 cupful milk
2 cupfuls flour
3 teaspoonfuls baking-powder

Cream butter and sugar, beat in the egg-yolks, cinnamon, and salt. Mix together flour and baking-powder, reserving two tablespoonfuls of the flour to mix with the huckleberries. Add flour and milk alternately to the first mixture, fold in the egg-whites beaten stiff and then the huckleberries, and bake about forty minutes in a moderate oven. Serve with a lemon or orange sauce.

Mrs. E. C. Abell, 10 Hill St., Morristown, N. J.

Breakfast
Draped Eggs on Toast
Tea

Luncheon
Rustic Apple and Raisin Salad
Green Muffins
Baked Custards
Iced Tea

Dinner
Marbled Tomato
Mashed Potatoes
Creamed Corn
Lettuce and Cucumber Salad
Peach Marmalade Cake

Breakfast
Black Raspberry
Mashed Potatoes with Cream
Corn and Whole Wheat Cake
Coffee

Luncheon
Rice Soufflé
Brown Bread Sandwiches
Cantaloup
Butter Spread Cakes
Iced Logberry Juice

Dinner
Roast Rib of Beef
New Potatoes
Buttered Lamb Beans
Fruit Salad
Wafers
Cream Cheese
Coffee

Breakfast
Stewed Rhubarb
Plain Omelet
Bran Gems
Coffee

Luncheon
Macaroni and Cheese Scallop
Tomato Salad
Raised Biscuits
Tea

Dinner
Cold Sliced Roast Beef
English Pickled Onions
Fried Summer Squash
French-Fried Potatoes
Alaska Pudding

Breakfast
Orange Marmalade
Mashed Potatoes with Cream
Diced Beef on Toast
Coffee

Luncheon
Orange and Date Salad
Buttermilk Biscuits
Rice Pudding
Grape Juice

Dinner
Lamb Stew en Casserole
Bread and Butter
Lettuce and Watercress Salad
Fruit Gelatin
Whipped Cream

Breakfast
Wheat Cereal with Cream
Blueberry Griddle-Cakes
Butter and Sugar
Coffee

Luncheon
Egg Salad
Scalloped Tomatoes
Raspberry Tea-Cake
Tea

Dinner
Broiled Trout
Spaghetti and Cheese
Boiled Beets
Dressed Lettuce
Lemon Rice Pudding

Breakfast
Sliced Peaches
Ready-Cooked Cereal
Top Milk
Eggs Cooked in the Shell
Toast
Coffee

Luncheon
String-Bean and Beet Salad
Sour-Cream Biscuits
Blueberry Tea-Cake

Dinner
Broiled Steak
New Potatoes
Swiss Chard Greens
Dressed Cucumbers
Watermelon
Coffee

Breakfast
Broiled Tomatoes
Berry Muffins
Coffee

Luncheon
Clam Chowder
Crackers
Iced Tea
Wafers

Dinner
Broiled Chicken
Rice Timbales
Green Peas
Creamed Swiss Chard Stalks
Romaine Salad
Plain Ice Cream with Crushed Fruit Sauce

Breakfast
Corn Griddle-Cakes
Scrambled Eggs
Tea

Luncheon
Stewed Lamb Kidneys
Potato Chips
Peanut Cake
Tea

Dinner
Large Neck Chops
Veal Cutlet
Creamed Cauliflower
New Potatoes
Watercress and Radish Salad
Maple-Bread Pudding

Love Apples

6 medium-sized apples
1/2 cupful sugar
1/2 cupful boiling water

Core the apples and fill with sugar and dots of butter. Cut a small hollow in the stem end of the tomatoes, fill with bread-crumbs, and dot with butter. Sprinkle salt over all and bake with water in a pan until done. A rich sauce will be found in the pan. Serve one tomato and one apple with sauce to each person.

Mrs. J. W. Rand Beckett, 3228 Washington Blvd., Indianapolis, Ind.

English Pickled Onions

1/2 peck pickling onions
1 cupful salt
1 quart vinegar

Peel the onions, sprinkle with the salt, cover with water, and let stand overnight. Then drain. In the morning add the spices to the vinegar, simmer for ten minutes, cool, and pour over the onions. If the latter are not entirely covered, a little more spiced vinegar should be added.

Mrs. E. L. Tower, 2616 Pilchury Ave., Minneapolis, Minn.

Ring-Around-a-Rosy Salad

1 large sweet apples
2 small diced celery
1 quart little red tomatoes
Toes

Peel the yellow tomatoes and let them stand in French dressing for thirty minutes. Chop the apple and celery together quite fine, moisten well with mayonnaise, and make piles of this on nests of lettuce-leaves. Surround this with the yellow tomatoes and decorate with the red tomato cut in sections and placed on top of each pile of apple and celery. A bit of mayonnaise and an olive should surmount it all.

Zahrah E. Preble, 1534 Arch St., Berkeley, Cal.

Stuffed Tomato Salad

6 medium-sized tomatoes
6 stuffed or hard-boiled eggs
Lettuce
Mayonnaise

Peel the tomatoes. Hollow out to form cups. Dust with salt and pepper and marinate in a little French dressing for a few minutes. Then slip an egg into each tomato, and serve very cold with a garnish of lettuce and mayonnaise.

Florence Spring, Concord, Mass.

Onion Toast

2 Bermuda onions
1 tablespoonfuls butter
2 tablespoonfuls flour
2 eggs

Beat eggs with a fork after adding one-quarter of a teaspoonful salt and a few grains of pepper. Dip bread in this and fry in butter on a hot griddle. Melt the butter, add onion sliced, and let simmer until it is soft and yellow. Dredge with flour and add milk gradually, and salt and pepper to taste. Serve the onion sauce on the toast.

Mrs. L. W. Rowley, Townsend Road, Belmont, Mass.

Tomato Succotash

1 large tomatoes
3 large ears of green corn
1/2 green pepper (chopped)
1 teaspoonful salt

Fry the pepper and the onion in butter till soft. In the meantime have the corn cut from the cob and the tomatoes skinned and sliced, cooking together. Add to the latter the fried pepper and onion and the seasoning. Cook gently until a little thick and serve at once.

Mrs. F. C. Weber, Bethesda, Md.

Creamed Carrots and Onions

1 bunch carrots
2 medium-sized onions
1 cupful milk

Wash, scrape, and cut carrots into small pieces, slice onions, and boil together until tender. Make a white sauce with the milk, flour, and butter; add salt and pepper. Drain carrots and onions and stir into a cream sauce. Serve hot.

Mrs. Edward F. Hines, 102 Pine St., Hinsdale, Ill.

In this business, a Sales Book will be used for all sales on account or for Bills Receivable. For a description and form of this book, see pages 34 and 35.

Sell cards 37, 38, 39, and 40, less 5%, to M. N. Brooks for his note at 5 days, with interest at 6%. For entries see 140. For interest bearing notes, see 129.

POUR FAIRE DU BON CAFE AU LAIT

(Très souvent demandé.)

Voici des proportions exactes pour obtenir une chopine de café devant être mélangé ensuite à du bon lait. Ces quantités procurent l'arôme et la couleur voulus; à condition toutefois de les accompagner des soins nécessaires pour passer le café comme il convient, afin de l'obtenir d'une limpidité parfaite.

Le café pour le lait se prépare à l'avance, la veille pour le lendemain — et en quantité suffisante pour fournir la provision de deux ou trois jours. On le garde, bien bouché dans une bouteille. Il peut être servi froid, parce qu'on le réchauffe avec le lait bouillant. Mais il est préférable, à notre avis, de le faire réchauffer au bain-marie tous les jours. On n'a pour cela qu'à le verser dans un pot de porcelaine qu'on met dans un récipient d'eau bouillante en temps suffisant avant de le servir.

Si toute addition de chicorée doit être rigoureusement interdite dans le café noir après le repas, il n'en est pas de même en ce qui concerne l'appât du café pour le lait; une certaine proportion de chicorée y est toujours nécessaire.

PROPORTIONS

2 onces de bon café, grillé doré et non pas brûlé noir.

1/2 once de chicorée de bonne qualité.

3 verres ordinaires d'eau.

Ayez un bon filtre en porcelaine. Jamais de fer blanc ni d'email. Sur le fond même du filtre placez un petit rond de flanelle bien propre et toujours sèche. Par dessus mettez d'abord la chicorée; et sur la chicorée, mettez le café très finement moulu. Recouvrez avec la passoire du filtre et ne tassez pas la poudre.

Faites chauffer l'eau nécessaire au café. Au moment où elle va commencer à bouillir, et quand elle est ainsi déjà bien chaude, versez sur le filtre 3 cuillerées d'eau — pas davantage mettez le couvercle et laissez la poudre gonfler pendant cinq bonnes minutes; sous l'action de cette humidité chaude, la poudre s'imbibe comme une éponge, et retient mieux ensuite l'eau, que vous y verserez. L'important étant toujours, pour avoir de bon café, qu'il soit passé lentement.

Surveillez pendant ce temps votre eau qui doit juste entrer en ébullition sans continuer de bouillir ensuite; parce que l'ébullition prolongée d'une eau destinée au café la décompose. Dès que cette eau a donné quelques bouillons, retirez la bouilloire ou la casserole sur le côté du feu; couvrez, et tenez aussi chaud que possible sans bouillir. Versez alors cette eau sur le filtre en trois ou quatre fois, à des intervalles de 2 ou 3 minutes, en ayant soin de recouvrir le filtre chaque fois.

L'eau étant bien toute passée sur le café, enlevez la partie supérieure du filtre, celle qui contient la poudre ou marc. Posez-le dans la casserole où vous avez fait chauffer l'eau. Reversez d'un seul trait sur ce marc tout le café déjà passé, et naturellement remplacez ensuite le filtre sur la cafetière.

Quand l'écoulement du café est complètement cessé, versez-le immédiatement et tout chaud dans une bouteille bien propre. Bouchéz-la tout de suite avec un bouchon neuf; un bouchon ayant servi à du vin ou tout autre liquide communiquant un goût étranger très prononcé.

LES SECRETS D'UN JOLI COUVERT

Rien n'est plus agréable que l'aspect d'une table servie élégamment et rien ne dispose mieux qu'un bon repas servi correctement, grâce à d'aimables et habiles maîtres de maison. Nous allons, si vous le voulez bien, parler du couvert et de certains détails se rattachant à la table, qu'il est nécessaire de connaître pour les jours où l'on invite des amis à dîner. Bien que la mode laisse s'établir une fâcheuse tendance à dîner tard et surtout à arriver trop tard, il faut que la maîtresse de maison veille de façon sérieuse à ce que toutes les commissions (sans oublier) et les préparatifs du dîner soient exactement prêts.

Rien n'est plus désagréable et gênant pour les invités que de s'apercevoir que leur arrivée est cause d'une panique générale et qu'il leur faut subir, avant le repas et entre chaque service, un long temps d'arrêt pour laisser au rôti le temps d'être cuit ou à la provision de pain le temps d'être renouvelée... Mais c'est là l'espérance, des petits ennuis qui n'arrivent jamais qu'aux toutes jeunes maîtresses de maison.

Ceci dit, nous allons maintenant commencer à mettre notre couvert. La table, munie du nombre d'allonges nécessaires pour que chaque convive soit à son aise, est recouverte d'abord d'une toile cirée, laquelle préservera le bois en cas d'accident (brûlures occasionnées par les plats chauds, ou liquides renversés). dessus, nous poserons un molleton de laine, qui aura le double avantage de donner du moelleux à la nappe et de supprimer tout bruit lorsque l'on posera les assiettes et les verres. La nappe sera choisie parmi les plus fines, en beau damassé blanc, orné de jours ou d'incrustations de dentelle; certaines nappes sont travaillées de telle façon qu'elles remplacent les chemins de table; elles se posent alors sur un transparent de couleur et il est bon d'observer que pour ces transparents, les jaunes or, les verts, donnent des effets préférables aux bleus et aux roses. Le chemin de table brodé et ajouré sera blanc autant que possible, les broderies de couleur sont réservées pour les repas de campagne. Mais, en ceci, chaque maîtresse de maison peut donner libre cours à son imagination et à son goût. Les fleurs sont aussi d'une grande importance. De plus en plus on délaisse le grand motif central qui isolait pour tout le repas les vis-à-vis. Les guirlandes, les senils, les jardinières basses, remplacent le plus souvent maintenant les milieux de table. L'éclairage de la table est assuré ordinairement par le plafonnier ou la suspension, mais chaque fois qu'il vous sera possible, ajoutez à chaque bout de table des flambeaux ou des candélabres munis de petits écrans et dont l'effet est ravissant.

Raisin Thins

- 1 cup butter
- 1/2 cup brown sugar
- 1/2 cup white sugar
- 1 egg, slightly beaten
- 2 cups flour
- 1/2 teaspoon soda
- 1/2 teaspoon salt
- 1/2 teaspoon vanilla

Passons maintenant aux détails pratiques. Comme nous ne nous servirons très probablement pas du service employé tous les jours, il est presque inutile de dire que chaque assiette et plat devront être essuyés soigneusement avec un torchon propre et que tous les couverts seront frottés à la peau. On laissera entre chaque assiette placée, l'espace nécessaire, à droite cuillères et couteaux reposeront sur les porte-couteaux de cristal ou d'argent, à gauche les fourchettes, devant l'assiette tout le régiment des verres prendra place; le grand verre à boire, le verre pour le madère, le bordeaux, le bourgogne, les vins sucrés du dessert et la coupe de champagne. Sur les assiettes la serviette sera pliée très simplement, les plis compliqués ne sont plus admis. Les carafes à eau et à vin isolées de leur dessous par un rond de batiste ou de dentelle, seront alternées, les carafes à vin se remplacent souvent par les aiguières plus ou moins riches et surtout copiées sur les formes anciennes. Certaines sont de véritables objets d'art.

On place aussi à portée des invités un nombre suffisant de minuscules salières, munies de leur petite pelle à sel ou ayant la forme d'un flacon dont le dessus d'argent ou de métal est percé de petits trous. Les couverts comprennent trois services: les couverts de table, les couverts à entre-mets et les couverts à dessert; il faut veiller à ce que chaque plat soit accompagné du couvert nécessaire pour le service. Les couverts à dessert comprennent, en plus de la cuillère et de la fourchette, le couteau à lame d'argent ou de vermeil, inoxydable au contact des fruits; ces couverts se disposent sur chaque assiette à dessert et sont préparés à l'avance sur la desserte.

Il existe deux services distincts: le service à la française et le service à la russe.

Dans le premier, les plats sont disposés à l'avance sur la table et reposent sur des réchauds et des gurtouts. Mais ce service est à peu près abandonné, il a été remplacé par le service à la russe. Dans ce dernier, les hors d'œuvre, les fleurs tiennent la plus grande place, les plats dits de résistance ne paraissent pas à l'avance sur la table.

Ces hors-d'œuvre donnent lieu au déploiement de tout un arsenal de précieux bibelots: spatules à beurre, fourchettes pour les pickles, palettes à caviar, cuillères-passoires pour les olives, fourchettes à saucissons, à sardines, et à anchois, sans oublier les fourchettes à huîtres, les pinces pour les homards et les écrevisses, les services à poissons, etc. Pour le dessert, les ciseaux à raisins, les pince-coupe sucre en forme de ciseaux, les cuillères à sucre en poudre, les petites cuillères à sorbets, etc.

Les récipients qui contiennent les hors d'œuvre sont coquets ou luxueux. En cristal, ils forment souvent des petits compartiments réunis par une monture de métal ou d'argent, le tout posant sur un plateau assorti. Egalement de cristal et d'argent les beurriers, les seaux à glace et à biscuits ainsi que les paniers pour les vins vénérables et quantité d'autres objets que j'oublie!

1/2 cup raisins

Cream butter well. Add sugars gradually, then the egg and beat the mixture until light and smooth. Measure and sift dry ingredients. Add them and the vanilla and raisins to the batter. Mix well. Form dough into a roll, wrap in waxed paper and place in refrigerator to chill thoroughly. Cut in thin slices and bake in moderately hot oven (375° F.) 10 to 12 min.

raisin candies may well find a place among homemade and commercial sweets. Raisins are a valuable source of lime, iron and other mineral salts; and they have traces of vitamins B₁ and C, none of which are found in sugar. Raisins add bulk and color contrasts to candy and may be used in a great variety of ways. Add them to your own candy recipes. Let the children use them in their first attempt at candy making; they are inexpensive. Here are several recipes for candies which have the delightful unusualness that is so desirable in Christmas sweets.

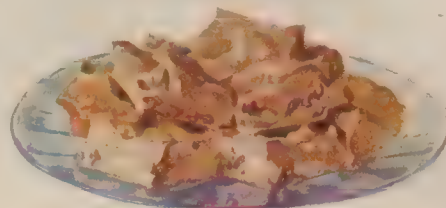
Raisin Bonbons

Melt in saucepan 1 cup sugar and 1 cup water and bring slowly to boiling point, stirring until sugar is dissolved. Add 1 teaspoon cream of tartar, wash down sides of saucepan with clean pastry brush dipped in cold water, cover the saucepan and boil three minutes. Remove cover and boil without stirring to 238 degrees F. or until candy forms a soft ball when tried in cold water. Pour on a marble slab or a large platter which has been wiped with a damp cloth. When cold, work with a broad spatula or beat with a wooden spoon until creamy, knead until smooth, and cover with a damp cloth for half an hour. Flavor of the mixture with 1 teaspoon vanilla and make into small balls with a Sun-Maid Raisin in the centre of each ball. Each raisin may be stuffed with a bit of nut meat if desired. Let the balls stand over night or until firm. Put remaining fondant in a small saucepan, add 1 teaspoon vanilla or other flavor, place over hot water, keeping water below boiling point, and stir constantly until mixture is melted. It may be necessary to add a few drops of cold water to the mixture. Remove from the fire but leave over hot water. Drop the raisin balls one at a time in the melted fondant, press under the fondant with a bonbon dipper or two tined fork, then remove and place on a wax paper bottom side down and with bonbon dipper make a little mark on each bonbon. A bit of

Raisin may be placed on the top of each bonbon as a garnish.

A bit of

Color paste and different flavors may be added to the melted fondant, if desired. For instance, yellow color paste and lemon or orange extract may be used. Later on some pink color paste and raspberry extract may be added, and before you finish 1/2 square of melted chocolate may be added to the fondant with enough cold water to keep the mixture of the right consistency. Reheat the mixture from time to time if it becomes too thick to work with easily. Each bonbon may be placed in a paper case after it has been dipped.



Raisin Penuche

Melt in saucepan 2 tablespoons butter, add 2 cups brown sugar 1 cup white sugar 1 cup thin cream and 1/2 cup grains soda. Stir until sugar is dissolved, bring to boiling point and boil to 240 degrees F. or until candy forms a firm ball when tried in cold water. Stir occasionally to prevent burning. Remove from fire, add 1 heaping tablespoon marshmallow cream and pour on marble slab or large platter sprinkled with cold water, or leave in pan until cold. When cool add 1/4 teaspoon salt and 1 teaspoon vanilla and work with spatula or beat with a spoon until creamy. When firm knead in 1/2 cup Sun-Maid Raisins cut in pieces and 1/2 cup nut meats coarsely chopped, and press into a greased pan. When firm cut in squares.



Raisin Caramels

Put 1 cup sugar 1/2 cup corn syrup and 1/2 cup cream into saucepan, stir until sugar is dissolved, bring to boiling point, and boil until mixture will form a soft ball when tried in cold water. Stir gently and constantly to prevent burning, making the spoon reach all parts of the saucepan. As soon as candy forms a soft ball when tried in cold water add a second 1/2 cup cream. Boil again until it forms a soft ball in cold water, add a third 1/2 cup cream, and boil until candy will form a decidedly firm ball when tried in cold water. Add 3/4 cup chopped Sun-Maid Raisins and pour caramels into a buttered pan. When cool cut in squares, and wrap in wax paper.

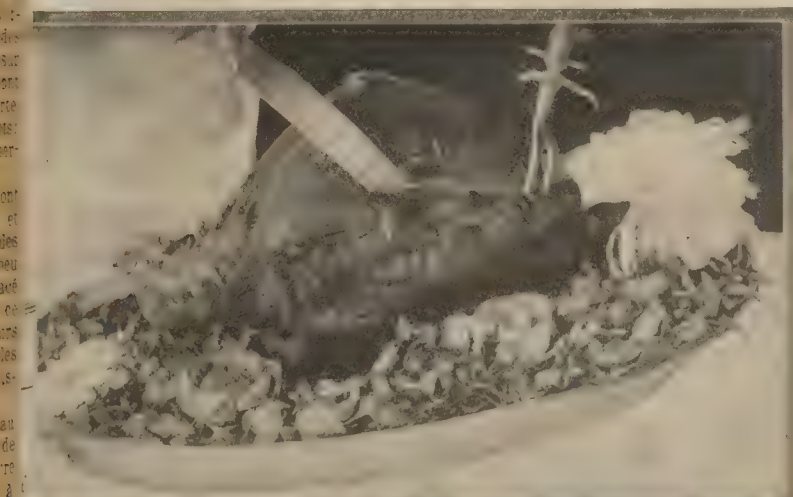
Alice Bradley

There IS a difference in raisins

There is a difference in flavor, sweetness, size, color and cleanliness. To make certain of the finest results, be sure that the raisins you use are Sun-Maids.

For Sun-Maids are made from the tenderest and sweetest grapes, grown where they reach perfection—in the beautiful San Joaquin and Sacramento Valleys of California. They come to you in sanitary packages,—raisins, large, plump, juicy, with an inimitable delicacy of flavor. Thoroughly cleaned and sterilized, they do not require washing before use.

You can use these perfect raisins freely, for they are inexpensive now—cheaper than they have been in years. Buy a package today and try them in the recipes which Miss Bradley has given you here.



1st Step. — Remove the legs at the joint and cut down through meat.

RAISIN JELLIED SALAD

1 package lemon flavored gelatin
2 cups boiling water
1 cup Sun-Maid Puffed (or Sun-Maid Seeded)
2 tablespoons finely cut green chili pepper
1/2 cup finely sliced celery
3 slices pineapple

Pour boiling water over gelatin and stir until dissolved. Add raisins and allow mixture to begin to set. Add chili pepper, celery, and pineapple cut into pieces. Mix thoroughly. Pour into individual molds and chill. Unmold on lettuce—garnish with mayonnaise.



SUN-MAID NUT BREAD

1 egg 1 cup sugar 1 cup milk
3 1/2 cups flour 1 teaspoon salt
1 teaspoon baking powder
1 cup chopped nut kernels
1 cup Sun-Maid Seedless (or Sun-Maid Nectars)

Wash raisins and drain. Beat egg, add milk, sugar and mix together. Combine with flour sifted with baking powder and salt. Add nuts, raisins and beat thoroughly. Pour into greased, paper-lined bread pan. Bake 1 1/2 hours at 300° F.

40 CHOCOLATE DROPS

(with ready-creamed Crisco, drop-cookies are easy!)



- | | |
|-----------------------------|--------------------------------------|
| 1/2 cup Crisco | 1 1/4 cups flour |
| 1 1/4 cups sugar | 1/2 teaspoon soda |
| 2 eggs | 1 teaspoon baking powder |
| 3 squares chocolate, melted | 1/2 teaspoon salt |
| 1/2 cup thick sour milk | 1/2 teaspoon vanilla |
| | 40 blanched almonds or walnut halves |

In one easy stirring, blend Crisco, sugar and eggs. (So easy with fluffy Crisco!) Add melted chocolate. Beat sour milk until smooth. Add it to Crisco mixture alternately with all sifted dry ingredients. Add vanilla. Mix well. Drop by teaspoonfuls on Criscoed cookie sheets. Place an almond or walnut-meat in each center. Bake in moderate oven (350° F.) 10 to 12 minutes.

48 CREAM SNAPS

(it's easy to make ice-box cookies with creamy Crisco)

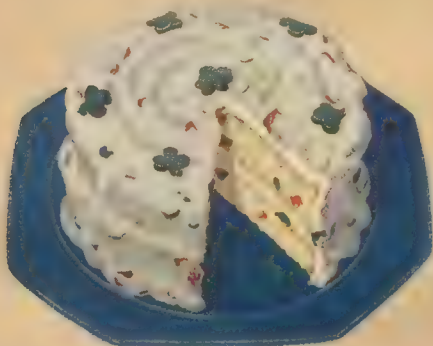


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|--------------------------|----------------------|--------------------|
| 1/2 cup Crisco | 1/4 cup sugar | 1/2 teaspoon salt |
| 1 egg | 1 1/2 cups flour | 1 teaspoon vanilla |
| 1 teaspoon baking powder | 1/2 cup chopped nuts | |
- Blend creamy Crisco with sugar and egg. Add sifted dry ingredients. Add nuts, vanilla. Mix. Form into roll. Wrap in waxed paper. Chill several hours. Slice with sharp knife. Bake in moderately hot oven (375° F.) 10 minutes.

Bridge Cookies: Use bridge ice-box cookie moulds. **Icing:** Blend 1 tablespoon creamy Crisco with 1/4 cup sifted confectioners sugar. Add 2 tablespoons hot water (or milk) alternately with 1 cup more sugar. Beat. Hearts & diamonds: tint red, use clove flavoring. Spades & clubs: vanilla, tiny chocolate candies.

DELECTA WHITE CAKE

(snowy, creamy Crisco gives you true-white cake)

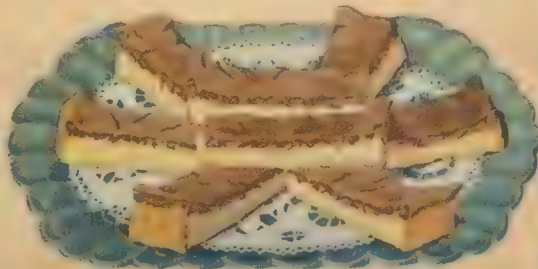


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|---------------------------|---------------------|
| 1/2 cup Crisco | 1/2 teaspoon salt |
| 1 1/2 cups sugar | 1/2 teaspoon almond |
| 3 cups pastry flour | flavoring |
| 2 teaspoons baking powder | 1 cup milk |
| 4 egg whites | |
- Blend Crisco and sugar until fluffy. (Quick and easy, because Crisco is so fluffy!) Add sifted dry ingredients alternately with milk. Add flavoring. Beat well. Beat egg whites until stiff but not dry. Fold egg whites gently into batter. Pour into three 8-inch layer cake pans rubbed with Crisco. Bake in moderately hot oven (375° F.) 15 to 20 minutes. When cool, put together with—
- Delectable Icing:** Cook 1 1/2 cups sugar, 2 egg whites and 1/2 cup water over boiling water, beating constantly with Dover beater. Cook and beat for 7 minutes, or until thick. Remove from boiling water. Add 1/2 teaspoon lemon flavoring. Beat until cool. Then add 1/2 cup chopped candied cherries, 1/2 cup chopped candied pineapple and 1/2 cup silvered green gum drops (or chopped nuts).

36 COCONUT BELLES

(delicious chewy squares, made with fluffy Crisco)



- | | |
|--------------------------------------|--------------------------|
| 1/2 cup Crisco | 1 teaspoon baking powder |
| 1 cup white sugar | 1/2 teaspoon salt |
| 2 eggs (save one white for meringue) | 2 tablespoons milk |
| 1 1/2 cups flour | 1/2 teaspoon vanilla |
| | 1/2 teaspoon lemon juice |
- Blend your fluffy Crisco (the pure digestible shortening) with the sugar and eggs in a quick stirring. Sift dry ingredients. Add to Crisco mixture alternately with milk. Blend thoroughly. Add flavorings. Spread 1/4 inch thick in shallow Criscoed pans. Cover with the coconut meringue (see below). Bake 30 minutes in slow oven (325° F.). Cut in squares and cool.
- Coconut Meringue:** 1 egg white, 1 cup light brown sugar, 1/2 teaspoon vanilla, 1/2 cup shredded coconut. Beat egg white stiff. Beat in sugar, adding 1/2 cup at a time. Add flavorings. Fold in coconut.

HUNGARIAN CREAM CAKE

(Chocolate-Frosted Cake shown above)

- | |
|-------------------------------------|
| 2 cups sifted Swans Down Cake Flour |
| 2 teaspoons Calumet Baking Powder |
| 1/2 teaspoon salt |
| 1 cup sugar |
| 2 eggs, well beaten |
| 1 1/4 cups heavy cream |
| 1 teaspoon vanilla |

Sift flour once, measure, add baking powder and salt, and sift together three times. Add sugar gradually to eggs, and beat well. Add flour, alternately with cream, a small amount at a time. Beat after each addition until smooth. Add vanilla. Bake in greased pan, 9 x 5 x 3 inches, in moderate oven (350° F.) 1 hour and 10 minutes. Spread chocolate frosting on top and sides of cake.

(All measurements are level)

TROPICAL GINGERBREAD: 1/2 cup butter, 1/2 cup sugar, 2 eggs, 1 tsp. soda, 1/2 cup molasses, 1 tsp. ginger, 1 tsp. cinnamon, 1/4 tsp. salt, 1 1/2 cups flour, 1/2 cup cold water, 1 cup fresh grated or moist-packed coconut.

Cream well butter and sugar, add eggs, beat all together. Dissolve soda in molasses and add to first mixture. Mix and sift remaining dry ingredients and add to first mixture alternately with the cold water.

Stir in coconut. Pour into well-greased pan and bake in moderate oven (325° F.) 35 minutes.

Ice with this Coconut Frosting: Boil 1 cup sugar and 1/4 cup water without stirring until syrup forms a long thread when dropped from tip of spoon. Beat 2 egg whites stiff, then slowly pour syrup over egg whites, stirring constantly. Add 3/4 tsp. lemon extract. Beat until right consistency to spread. Sprinkle thickly with coconut.

19
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Hollywood

Hot Drinks for Winter Serving

(Continued from page 32)

utes, and then simmer the apple balls in the syrup until clear and tender but not broken, removing them from the syrup as soon as cooked, after which the broken portions of apple may be cooked down in the same syrup and the whole passed through a sieve, rubbing through as much of the apple pulp as possible. Scald the grape juice and water, and add the apple syrup and lemon juice. Cut the almonds into thin strips and insert them in the apple balls. Pour the punch into glasses and put one or two of the decorated apple balls into each serving.

Mulled Cider

2 inches stick cinnamon
6 cloves
1/2 teaspoon allspice
2 quarts cider
3 eggs
1/2 cup sugar
Grated nutmeg
Tie the spices in a square of cheesecloth, add them to the cider and bring all slowly to boiling point. Beat the eggs with the sugar, pour the hot cider over them, strain into glasses and grate a very little nutmeg over each serving.

The Use of Malted Milk

Malted Milk forms an excellent base for nutritive drinks either hot or cold. When served cold, drinks containing it are usually blended in a shaker but in serving hot malted milk either plain or flavored we must depend upon thorough mixing to break up the granules and produce a smooth mixture as it is not possible to shake hot drinks.

If malted milk is being served purely as a beverage and not with the idea of furnishing a highly concentrated nutritive drink, by all means make it with boiling water. For individual service place two heaping teaspoonfuls of malted milk in a cup, add sufficient boiling water to moisten and stir until thoroughly smooth, then fill the cup with boiling water, adding, if desired, a dash of salt.

If, however, a really nutritive

beverage is needed substitute scalded milk for the water and top with a little cream, adding salt as before, and putting a dash of grated nutmeg, cinnamon, or other preferred spice on the whipped cream.

Coffee Malted Milk (Individual Service)

2 teaspoons malted milk
Few grains salt
4 tablespoons very strong coffee
Scalded milk
Sugar
Whipped cream (optional)

Blend the malted milk, salt, and coffee until smooth, add the scalded milk, stirring continually. Sweeten to taste and serve with or without whipped cream.

Chocolate Malted Milk

2 teaspoons malted milk
Few grains salt
2 tablespoons stock cocoa syrup
Scalded milk or boiling water
Whipped cream (optional)

Proceed exactly as for coffee malted milk substituting the cocoa syrup for the coffee.

Egg Malted Milk (Hot)

1 egg
1 tablespoon malted milk
Few grains salt
2 teaspoons sugar
1 cup scalded milk

Beat together thoroughly the egg, malted milk, salt, and sugar. Add the scalded milk, and strain into a tall glass. A dash of nutmeg, ginger, or cinnamon may be added just before serving.

Lest You Forget

Be sure to put a spoon into the glass before pouring in the hot beverage — otherwise you may find yourself minus both glass and contents!

Menus Without Meat

Recipes tested at the Priscilla Proving Plant

Fish Soup

2 tablespoons butter
3 tablespoons flour
1 1/2 quarts fish stock
1 onion
1 carrot
1 stalk celery
2 egg yolks
1/4 pint cream
1 teaspoon salt
Speck cayenne

Melt butter and add flour. Cook for five minutes but do not brown. Heat stock and add slowly. Add vegetables cut in small pieces. Boil slowly one hour. Pass through a sieve and reheat. Beat yolks and mix with cream. Strain it into hot soup. Season and serve. Do not cook after egg and cream are added.

Recipe makes six servings.

Oriental Salad

1/4 cup cooked boiled rice
1 cup cooked peas
1 tablespoon shrimp or cooked fish
1/2 cup mayonnaise
2 tablespoons curry sauce
Combine ingredients and serve in nests of lettuce.
Recipe makes four servings.

Bubble and Squeak

1 cabbage
8 medium-sized potatoes
8 tablespoons butter
1/2 teaspoon salt, speck pepper

Boil the cabbage. Boil potatoes in their skins. Drain cabbage, press all the water out, and chop coarsely. Peel the potatoes. Break them up with a fork in small pieces. Mix the two vegetables. Add salt and pepper. Melt butter in frying pan. Add the vegetables and toss until the butter is absorbed. Cook like omelet, browning on underside.

Recipe makes twelve servings.

Nut and Macaroni Savory

1 cup boiled macaroni
1 1/2 cups bread crumbs
2 eggs
3 cups milk
2 tablespoons chopped parsley
4 tablespoons butter
1/2 pound chopped nuts
Salt, pepper, speck mace

Put combined ingredients into a greased casserole. Bake in a moderate oven. Serve with brown sauce. Time in cooking, 45 minutes. Temperature, 350 degrees. Recipe makes nine servings.

Lemon Filling

6 Tablespoonfuls of flour
1 Cupful of granulated sugar
2/3 Cupful of water
2 Egg yolks
2 Teaspoonfuls of butter
1/4 to 1/3 Cupful of lemon juice
Grated rind of one lemon

Combine the flour and sugar, add the water gradually and cook, stirring constantly until thick and smooth. Place over hot water and cook, stirring occasionally for ten minutes. Add the butter, stir until melted and remove from the heat. Add the lemon juice and rind, combine thoroughly and allow to cool. Frost the cake with Lemon Frosting.

Mocha Icing

1/2 Cupful of butter
1 Cupful of icing sugar
4 Teaspoonfuls of cocoa
4 Teaspoonfuls of hot strong coffee
2/3 Teaspoonful of vanilla

Cream the butter until very light. Add the icing sugar and the cocoa, which have been sifted together, and the strong coffee. Cream together thoroughly until the mixture is light and smooth. Add the vanilla and spread roughly on the cooled cake.

Lemon Frosting

2 Egg whites, unbeaten
1 1/2 Cupfuls of granulated sugar
3 Tablespoonfuls of water
2 Tablespoonfuls of lemon juice
1/4 Teaspoonful of grated lemon rind
Yellow food coloring

Put the unbeaten egg whites, the sugar and the water in the top part of a double boiler and beat with a rotary beater until well blended. Place over hot water, and continue beating and cook for seven minutes or until the icing will hold its shape. Remove from the heat, add the lemon juice and rind and continue beating until of the right consistency to spread. Enough yellow coloring to produce a delicate shade may be added if desired.

Party Cookies

A rich, shortbread-like mixture suited for use in a cookie press or cookie maker.

1 Cupful of butter
1/2 Cupful of sugar
2 Egg yolks
2 1/2 Cupfuls of sifted pastry flour
1 Teaspoonful of baking powder

Cream the butter until light, add the sugar gradually and cream until well blended and smooth. Add the egg yolks and combine thoroughly. Add the sifted flour which has been measured and sifted again with the baking powder. When well mixed, shape with a cookie press or cookie maker on to baking sheet and, if desired, brush the top with unbeaten egg white and sprinkle with sugar. Bake in a moderately hot oven 375 degrees Fahr., for twelve to fifteen minutes.

Lemon Gold Cake (3 egg yolks)

2 cups sifted Swans
Down Cake Flour
2 teaspoons Calumet
Baking Powder
1/2 cup butter or other
shortening
1 cup sugar
3 egg yolks, beaten
until thick and
lemon-colored
1/4 cup milk
1 teaspoon vanilla, or
1/2 teaspoon lemon
extract

Sift flour once, measure, add baking powder, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg yolks and beat well. Add flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add flavoring. Beat well. Bake in two greased 9-inch layer pans in moderate oven (375° F.) 25 to 30 minutes. Spread Luscious Lemon Frosting between layers and on top and sides of cake. Double recipe to make three 10-inch layers.

Luscious Lemon Frosting

3 teaspoons grated
orange rind
Dash of salt
3 tablespoons butter
3 cups sifted confec-
tioners' sugar
2 tablespoons lemon
juice
1 tablespoon water

Add orange rind and salt to butter; cream well. Add part of sugar gradually, blending after each addition. Combine lemon juice and water; add to creamed mixture, alternately with remaining sugar, until of right consistency to spread. Beat after each addition until smooth. Makes enough frosting to cover tops and sides of two 9-inch layers. For a deeper yellow frosting, tint with yellow coloring.

(All measurements are level.)

Fish for Lenten Dinners

MORE and more fish is being eaten as we learn how to market and cook it. A correspondent wrote the other day and said that the prize salmon patties with celery sauce given way back in the March Needlecraft in 1931 were served every Friday at her restaurant and always were received with enthusiasm. Such dishes as baked or creamed finnan haddie, salmon loaf, shrimp and peas creamed together, halibut baked with white sauce and grated cheese, baked stuffed fish, are all reasonable and extremely savory.

Serve baked or boiled potatoes, with creamed fish; creamed potatoes, fried or

hashed brown with fish loaf or baked fish; add spinach or string beans to the course; a green salad or a cole-slaw; a fruit dessert, and a lenten dinner is served.

Or try a fish chowder, followed by a vegetable plate, and a tapioca fruit pudding; or oyster stew, a seafood salad, or a potato salad with sardines; one green vegetable; and pie and cheese; or have a vegetable or potato soup, followed by any creamed fish with green peas, and hot bread, then a fruit salad or fruit cup for dessert. The canned fruits, especially apricots, pineapple and plums, make an excellent dessert with a simple cake or cookie and coffee.

Suggestions for Fish Cookery

STUFFED baked fish is excellent and codfish balls fried in deep fat and served with egg or tomato sauce are good enough to appear at dinner. The following dressing adds to all stuffed fish. It is a good plan to have the backbone removed and to rub the fish with bacon drippings or oil and salt within and without:

Fish Dressing

2 cups bread crumbs	2 tablespoons chopped parsley
½ cup butter	or celery leaves
2 tablespoons	1 teaspoon salt
chopped onion	¼ teaspoon pepper

Cook onion till slightly yellowed in the fat, add bread crumbs and seasonings, and when hot stuff fish, pinning it together with skewers or toothpicks. Bake in a moderate oven allowing about fifteen minutes to the pound. Baste with melted butter and water.

Homemade Confections

NOTHING better than a homemade candy party; with apples and nuts, hot chocolate and cookies. The open season for these joys is getting short so you better give one right away. Here are a few suggestions along this line:

Molasses Puffed Rice

1 cup molasses	½ teaspoon soda
1 tablespoon butter	1 teaspoon vinegar
	1 cup puffed rice

Cook molasses, vinegar and butter till it makes a hard ball when dropped in cold water. Add the soda and remove from stove. Beat lightly and pour over the puffed rice, placed in a buttered pan. When cool cut into strips.

Black Walnut Taffy

Use 2 cups molasses, 3 level tablespoons butter and 1 cup broken walnut meats.

Boil the molasses and butter hard until it is brittle when dropped into cold water. Add the broken walnut meats (black walnuts preferred but the English will do; so will peanuts). Pour out in a thin layer in a buttered pan and when cold break into pieces.

Serve with fried apples or apple sauce, garnish with bacon.

These will take the place of meat, both as to savor and nutrition. Rich in iron, phosphorus and potassium, containing vitamin B notably, and high in vegetable protein, are these economic dried beans giving you three cups of finished food for one of the raw product.

Lima Chowder

2 cups cooked limas	4 tablespoons butter
2 cups diced potato	4 tablespoons flour
2 slices fat salt pork	3 cups hot milk
1 onion sliced	1 teaspoon salt
1 cup boiling water	½ teaspoon pepper

Dice salt pork and fry for five minutes, add onion and cook till yellowed. Put in

Halibut Baked with Cheese

Any filets of white fish, flounder, haddock, etc., may be used for this recipe, or canned tuna; but halibut is perhaps the best choice:

Bone and skin fish; pieces should not be more than a quarter of an inch thick, and cut into two-inch strips or squares. Make a white sauce of two cups of milk, 4 tablespoons each of butter and flour, one-half teaspoon salt, ¼ teaspoon white pepper, and half a pound of grated cheese. Alternate layers of sauce and fish until dish is filled (using 2½ pounds of fish to this amount of sauce) having sauce on top and bottom. Sprinkle grated cheese over top and bake in moderately hot oven (375 degrees) for 45 minutes if raw fish is used, or until browned and hot through for canned or cooked fish. Hashed brown potatoes and beets go well with this dish. Pickle may be served, and a cole-slaw salad. Canned apricots or an apricot betty for dessert.

Fluffy Ruffle Candy

2 cups granulated sugar	½ cup white corn syrup
¼ cup water	Whites of two eggs
1 cup nut meats	1 teaspoon flavoring

Cook water, sugar and corn syrup together until it makes a firm ball (nearly hard) when dropped in cold water. Pour very slowly onto the stiffly-beaten egg whites, stirring steadily and then beat until stiffened but still of a consistency to pour. Add any flavor desired (orange, lemon, or vanilla) with the nuts and pour into square, greased pans, about half an inch thick. Cut in squares when cold.

Date Bars

3 eggs	1 teaspoon baking powder
1 cup sugar	
1 cup flour	1 cup chopped dates
	¾ cup chopped nuts

Beat the egg yolks well, add other ingredients and then fold the stiffly beaten egg whites into the batter. Spread thin on a baking sheet and bake in a moderate oven (375 degrees). Cut into squares or strips when cold.

the potatoes and hot water and simmer until tender. Add cooked limas, butter, flour smoothed in a little water with the hot milk and stir till smooth. Last add seasonings. (Limas may be put through a coarse colander or not as preferred.)

AND what a chowder this would be for a blustery March night. Serve a mixed raw salad of cabbage, white or red, carrots, onion, iceberg lettuce, radishes or green pepper, any three or more of these; chop coarsely and moisten with French dressing, or a little thin mayonnaise. A good cooked apple dessert, be it pie, dumpling, apple betty, or baked apple, coffee, corn bread or biscuit with the salad, and you will have maximum nutrition for minimum trouble and expense.

Dried Limas for Health and Economy

LAST month we mentioned the economy and health values of dried lima beans. (They come canned too.) Here are a couple of recipes to illustrate their savory use.

Lima Croquettes

2 cups cooked dried limas	1 tablespoon tomato catsup
½ cup cream or evaporated milk undiluted	¼ teaspoon pepper
½ teaspoon salt	1 egg
¼ teaspoon poultry seasoning	1 cup bread crumbs
	1 egg for crumbing

Soak in cold water eight hours or more; drain and cook in boiling water to cover for about half an hour; add salt ten minutes before they are done. (This is the start for all lima dishes.) Rub through a coarse strainer, add all ingredients except crumbs and one egg. Shape into croquettes, roll in crumbs, then in one egg beaten with two tablespoons of water and again in crumbs. Fry in deep fat (400 degrees) until brown and drain.

Savory Lentils

1 cup lentils
Small ham bone
¼ bay leaf
1 clove
1 onion
1 slice bacon
1 tablespoon butter
½ tablespoon flour
1½ cups broth in which lentils were cooked
1 tablespoon vinegar
Salt, pepper
Grated nutmeg

Soak lentils overnight. In the morning place in a saucepan, add water to cover. Add ham bone and bay leaf which has been fastened to one-half onion with clove. Cook slowly, covered, until done, about two hours. Pour into a colander. Cut bacon up very fine, chop half an onion and place in saucepan with the butter. When done, add flour. Cook well, then add 1½ cups broth in which lentils were cooked, vinegar, salt, pepper and some grated nutmeg. Mix the cooked lentils into this and serve. This serves 4.

Lima Beans and Sausage

1 cup dry lima beans
½ pound raw sausage
3 canned pimientos
1 teaspoon salt
2 tablespoons brown sugar
2 cups canned tomato soup

Soak beans overnight in cold water to cover. Drain, put in stewpan, add hot water to cover and simmer until tender. Arrange in a bean pot in layers, sprinkling in a little minced sausage meat and chopped canned pimientos. Season with salt, add brown sugar and moisten with the canned tomato soup. Cover bean pot and bake six to eight hours in a slow oven (250 degrees F.), uncovering the last hour. Serves 4.

Arizona Chili Con Carne

2 cups navy beans
1 slice fat bacon
1 pound round steak
1 medium-sized onion
¼ pound cheese
2 teaspoons chili powder

Soak the beans overnight in cold water. Do not drain, but cook slowly until tender in the same water with the fat bacon. Steak through the meat grill with the onion in a frypan to the beans and cook 15 minutes. Ten minutes before done add cheese and chili powder. Serve.

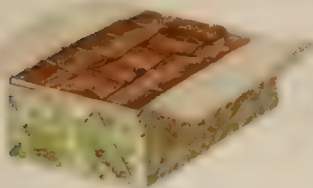
Corn bread should be served with this dish. A green salad and fruit dessert is all that's needed to make a happy balance for an enjoyable dinner. While the small varieties of dried beans are more commonly baked than the large ones, lima beans will be found especially delicious when prepared in a casserole or loaf.

CALIFORNIA LEMON SPONGE PIE

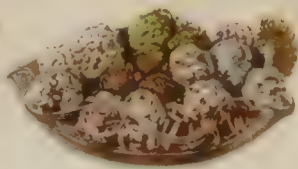
Serene digestion to you with the compliments of Crisco!

3 eggs, separated	3 tablespoons flour	1 lemon—grated rind and juice
1 cup sugar	1 cup milk	¼ teaspoon salt

Beat egg yolks with sugar until light and fluffy. Add flour mixed to a paste with a little of the milk. Stir in rest of milk, lemon, and salt. Fold in beaten whites last. Pour into unbaked digestible Crisco pie-crust (see single-crust proportions in Master Recipe) and bake for a few minutes in a hot oven (425° F.). Then reduce heat and finish cooking in a moderate oven (350° F.) about 35 minutes.



CARAMELS-RUBANS.
(Voir Page 45.)



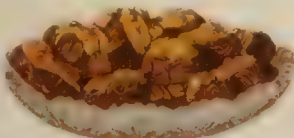
BOULES AU FONDANT
ET AUX AMANDES.
(Voir Page 50.)



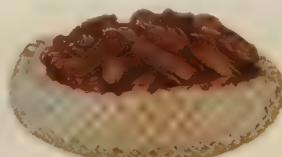
DOUBLE FUDGE.
(Voir Page 42.)



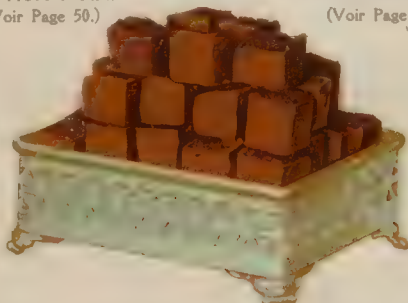
CHOCOLATS A LA CRÈME ROSE ET
A LA CRÈME A LA PISTACHE.
(Voir Page 52.)



CHOCOLATS A LA CRÈME
ET AUX NOIX.
(Voir Page 50.)



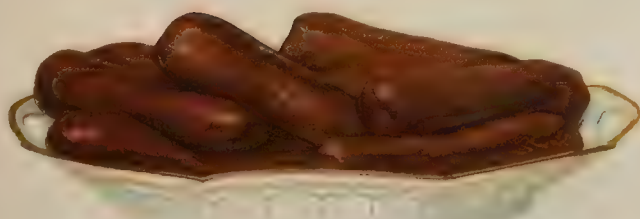
BATONS FONDANTS AUX
AMANDES.
(Voir Page 49.)



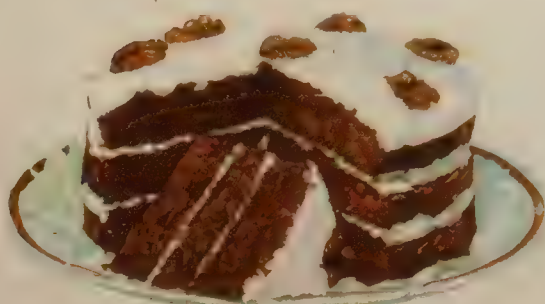
FUDGE DU COLLÈGE SMITH.
(Voir Page 41.)



PARFAIT AU CHOCOLAT.
(Voir Page 27.)



ÉCLAIRS AU CHOCOLAT.
(Voir Page 13.)



GÂTEAU AU CHOCOLAT (LAYER CAKE)
(Voir Page 26.)

BUTTERSCOTCH ROLLS

1996 Calories

2 cups flour—790 Cal.
4 teaspoons Royal Baking Powder
¾ teaspoon salt
4 tablespoons shortening—452 Cal.
¾ cup milk—114 Cal.
3 tablespoons butter—327 Cal.
½ cup brown sugar—313 Cal.

SIFT dry ingredients; add shortening, mixing it in with a fork. Add milk to make a fairly soft dough. Knead slightly and roll out ¼ inch thick.

Spread well with creamed butter and sprinkle with brown sugar. Roll up as for jelly roll and cut in about 1 inch pieces. Stand these on end in a well-buttered pan, small muffin tins or in muffin rings and bake in a moderate oven (375° F.) for 30 minutes. Centers of rolls curl up and will be glazed on edges.

LOUISIANA SPICE CAKE

(Mix in the morning . . . bake just in time to serve hot with whipped cream or pudding sauce.)

2 cups sifted Swans Down Cake Flour
2 teaspoons Calumet Baking Powder
¼ teaspoon salt
½ teaspoon ginger
1½ teaspoons cinnamon
¾ teaspoon cloves
¾ teaspoon nutmeg
½ cup butter or other shortening
1 cup sugar
2 eggs, well beaten
3 tablespoons molasses
7 tablespoons cold coffee

Sift flour once, measure, add baking powder, salt, and spices, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs and molasses and beat well. Add flour, alternately with coffee, a small amount at a time. Beat after each addition until smooth. Turn into greased loaf pan, 9 x 9 x 2 inches, wrap as directed, tie securely and store. When ready to use, unwrap and bake in moderate oven (375° F.) 35 minutes, and serve as pudding with lemon or apricot sauce. All measurements are level.



CHOCOLATE DROP CAKES

1½ cups sifted Swans Down Cake Flour
1½ teaspoons baking powder
½ teaspoon salt
½ cup butter or other shortening
1 cup sugar
2 eggs, well beaten
3 squares Baker's Unsweetened Chocolate, melted
¾ cup nut meats, coarsely broken
¾ cup raisins
½ cup milk
½ teaspoon vanilla

Sift flour once, measure, add baking powder and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs, chocolate, nuts, and raisins, and beat well. Add flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla. Drop by teaspoons into small, greased cup-cake pans. Bake in hot oven (400° F.) 10 minutes, or until done. Makes 3½ dozen cakes.

HAM TIMBALES

Put a cupful of milk and a cupful of bread-crumbs into a saucepan and stir over the fire until a smooth paste is formed. Add a cupful of chopped cooked ham, three tablespoons of butter, seasoning of salt and pepper and the stiffly beaten whites of two eggs. Fill buttered molds two-thirds full of the mixture, covered with buttered paper, put into a pan, half surround it with hot water and bake in a moderate oven until firm. Turn out, garnish with parsley and hard boiled eggs.

Marshmallow Whip

2 Egg Whites
½ Cup Currant or Grape Jelly
1 Cup Whipped Cream
1 Cup Crushed Pineapple
6 Vanilla Wafers, Crumbled
8 Marshmallows
Grated Bitter Chocolate

BEAT the egg whites until foamy, add the jelly, and continue beating until stiff but not too dry. Fold the whipped cream into the mixture, and then the pineapple, vanilla-wafer crumbs, and marshmallows, cut in tiny bits. Chill and serve in sherbet glasses. Just before serving sprinkle the top with the grated chocolate. Serves 6. This festive dessert can be made after your husband telephones that he is bringing home a guest for dinner.

WHOLESALE FLOUR.

Buy the following merchandise, less 8%. Pay cash \$75 and give you without interest, the balance.

M. J. Dale, Co., Chicago, Ill.

Bought of **W.E. DEVINE.** *General Jobber*

Terms: Cash \$75, and note at 5 days.

20	Bbls. Hamilton Flour	4. ²⁰	84		
20	" Super "	4. ¹⁰	82		
10	" Oatmeal	9. ⁶⁰	96		
15	" W. F. Flour	5. ⁷⁵	86	25	
			348	25	
			27	86	320 39

Less 8%

Pd. by note at 5 days \$245.39; by cash \$75

W. E. Devine.

No.

Business College Merchandise.

21 Wholesale Flour.

20 Bbls. Hamilton Flour @ \$

Business College Merchandise.

22 Wholesale Flour.

20 Bbls. Super Flour @ \$4.10

Business College Merchandise.

23 Wholesale Flour.

10 Bbls. Oatmeal @ \$9.60

Business College Merchandise.

24 Wholesale Flour.

15 Bbls. W. F. Flour @ \$5.76

Sell cards 15 and 16 to M. J. Powers, at 50 cents per bbl. less than the marked price, for the following acceptance. See 91-93 and 143.

FRUIT WHIP PIE

"light and dainty" describes this digestible pie!

2 tablespoons granulated gelatine	1/4 cup lemon juice
1/4 cup cold water	1/2 cup shredded canned pineapple
1/4 cup hot water	2 bananas
1 cup sugar	2 egg whites
1 cup orange juice	1 cup whipping cream

Line a pie-plate with digestible Crisco pastry (single proportions in Master Recipe below). Bake entire surface with a fork. Bake in a hot oven for 10 minutes. Soften gelatine in cold water for 10 minutes. Dissolve in cold water. Beat well with egg beater. Add pineapple and cut in thin slices, and fold in the stiffly whites and whipped cream. Chill until in its shape. Fill baked digestible Crisco pie-aside until stiff.

RASPBERRY CREAM PIE

jam adds zest to this digestible custard pie

1/4 cup sugar	2 cups scalded milk
1/4 teaspoon salt	2 eggs
3 tablespoons cornstarch	1 teaspoon vanilla

Mix sugar, salt, and cornstarch together. Pour scalded milk slowly over mixture. Cook, stirring constantly, until very thick. Remove from stove. Stir in eggs, beaten slightly. When thoroughly blended return to stove and cook for one or two minutes longer. When partially cool, add vanilla and pour into previously baked digestible Crisco pastry-shell. (See instruction in Master Recipe for Digestible Crisco Pastry.) Just before serving, spread with a layer of raspberry jam. Cover top with one-half pint whipped cream.

No. 291. *At five days*

Order of *O. L. Dale*

Three Hundred Thirteen

Value received, and charge the same to acc

To *W. D. Graves,*

City.

Accepted

Receive of D. F. Piper the following Certificate of Deposit on account. See 135.

Ham Baked with Apricot Purée

- 1 half canned ham
- 1 No. 2 can apricots
- Whole cloves

Place ham in baking pan; stick with cloves. Spread with apricots, put through a sieve. Bake until hot and glazed.

Sweet Potato Puffs

- 1 No. 2 can sweet potatoes
- 1 egg, beaten
- 1 teaspoon salt
- Few grains pepper
- Few grains nutmeg
- 2 teaspoons brown sugar
- 10 marshmallows
- $\frac{2}{3}$ cup crushed cornflakes
- Frying fat

Rice the sweet potatoes and mix with the egg, seasonings and brown sugar. Form into round balls with a marshmallow in the center of each. Roll in crushed cornflakes and fry in deep fat (390 degrees F.) for 3 minutes or until golden brown. This makes 10 medium-sized croquettes.

Pecan Muffins

- 2 cups all-purpose flour
- 4 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- 2 eggs
- $\frac{1}{2}$ cup evaporated milk diluted with $\frac{2}{3}$ cup water
- 2 tablespoons melted shortening
- $\frac{1}{2}$ cup broken pecan meats
- 10 pecan halves

Mix and sift together the dry ingredients. Beat the eggs slightly and add diluted evaporated milk. Combine ingredients, mixing as little as possible. Add melted butter and broken nut meats. Top with pecan halves and bake in hot oven (400 degrees F.) for 20 to 25 minutes. This makes 10 muffins.

It is a time-saver and a convenience to have the dry ingredients sifted and ready for the muffins. Keep them stored in a tightly covered jar. The pecans give a flavor to the muffins that is nice with ham, but you might substitute an equal amount of drained crushed pineapple, blueberries, seeded grapes or chopped dates, if you prefer.

Peach Meringues

- 1 tablespoon confectioners' sugar
- $\frac{1}{4}$ cup ground peanut brittle
- 1 egg white
- 4 peach halves

Add sugar and ground peanut brittle to stiffly beaten egg white. Place peaches, cut side up, in baking dish and heap with meringue. Brown in moderately hot oven (375 degrees F.) for 3 minutes. This makes 4 servings.

Midnight Snack

- Crabmeat Manhattan Toast or Crackers
- Cream Cheese Rum Jelly
- Sour Pickles
- Coffee Cookies

Materials (to serve 4):

- 1 can crabmeat
- 1 can evaporated milk
- 1 can grated cheese
- 1 box crackers
- 1 package cream cheese
- 1 jar rum jelly
- 1 jar sour pickles
- 1 box cookies

Crabmeat Manhattan

- 2 tablespoons shortening
- 2 tablespoons flour
- $\frac{1}{2}$ teaspoon paprika
- $\frac{1}{4}$ teaspoon salt
- $1\frac{1}{2}$ cups evaporated milk
- 1 medium can crabmeat
- 2 tablespoons chili sauce
- $\frac{1}{4}$ cup grated cheese
- Toast

Melt butter and blend with flour and seasonings. Add evaporated milk gradually and cook until thickened. Add remaining ingredients

and heat through. Serve on hot toast. This makes 4 servings.

You'll be amazed at the selection of crackers and cookies in packages you will find at the market. Keep an ample supply of them on hand. The crackers will pinch-hit for bread many times, and the cookies add the necessary sweet to your menu.

Tomato Juice Cocktail

- 1 medium can tomato juice
 - $1\frac{1}{2}$ teaspoons Worcestershire sauce
 - $\frac{1}{2}$ teaspoon celery salt
 - 1 tablespoon lemon juice
- Mix ingredients in order given. Serve chilled in cocktail glasses. This will make 4 servings.

Eggs With Asparagus

- 4 eggs
- 1 No. 1 can green asparagus (tips and pieces)
- 2 tablespoons liquid from asparagus
- $\frac{1}{4}$ teaspoon salt
- Black pepper
- Paprika
- 2 tablespoons butter
- Hot toast or toasted rolls

Beat eggs slightly. Add liquid from asparagus and drain off the remainder of liquid. Add asparagus to eggs and mix carefully. Season to taste.

Melt butter in skillet over glowing coals and pour in the above mixture. Cook slowly, being careful to prevent burning. Stir carefully in scrambling and allow to cook until firm enough to cut into squares and toss like flapjacks. Serve at once with hot toast or toasted rolls. This makes 4 servings.

Grilled Tomato

- 2 tomatoes
- Melted butter
- Salt and pepper
- Bread crumbs

Cut tomatoes in slices about $\frac{1}{4}$ inch thick. Lay in melted butter, season with pepper and salt and toss in fresh bread crumbs. Arrange same on a slow broiler and cook until nicely brown on both sides, about 8 minutes.

The use of onions as given in the next recipe rings a delightful change on the liver and onion combination which never wears out its welcome.

Grilled Bermuda Onion

- 1 large Bermuda onion
- Hot water
- Melted butter
- Salt and paprika

Cut onion in slices just less than $\frac{1}{4}$ inch. Arrange slices in small baking tin side by side, pour a little hot water over them and let steam in a moderate oven (350 degrees F.) for 15 minutes. Remove, dip in melted butter and sprinkle with salt and paprika. Arrange on slow broiler. Cook both sides to a golden color about 10 minutes. Serve immediately.

Occasionally the ingenious hostess hits upon an unusual concoction that not only provides a gustatory treat, but furnishes an interesting topic of conversation, as well. The following salad belongs to this class. The main ingredient, mangoes, are handsome

PEACHIES

an easy dessert when fried in digestible Crisco!

- 1 cup flour
- 2 tablespoons sugar
- 1 teaspoon baking powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup milk
- 1 egg
- 1 tablespoon melted Crisco
- 12 canned peach halves
- 1 teaspoon lemon juice
- Crisco for deep frying

Sift dry ingredients. Stir in egg and melted Crisco, beaten together with milk. Drain peaches, sprinkle with lemon juice. Dip into batter and drop into hot Crisco heated to 365°-375° F. or hot enough to brown inch cube of bread in 60 seconds. (Crisco is the pure vegetable fat that makes fried food crispy and digestible.) Fry peaches until brown. Drain on absorbent paper. Serve hot, sprinkled with powdered sugar, or plain with strained honey. Strain Crisco to clear it—save it in its special can for frying. It will keep digestible for many fryings.



CURRY CROQUETTES

crisp and digestible, when fried in Crisco!

- 4 tablespoons Crisco
- 4 tablespoons flour
- 1 cup hot milk
- 2 cups cooked chicken or veal, chopped
- 1 cup fresh coconut, grated or canned grated coconut
- $\frac{1}{2}$ teaspoon curry
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon paprika
- COATING:
- 1 egg slightly beaten with 2 tablespoons water
- $\frac{1}{2}$ cup fine dry bread crumbs
- Crisco for deep frying

Melt Crisco (the fresh digestible fat) stir in flour, slowly add milk. Cook slowly and stir until sauce thickens. Remove from heat add meat, coconut and seasonings. Pour into shallow Criscoed pan. Chill thoroughly. Then form into croquettes. Roll in crumbs, then egg mixture, then in crumbs. Fill ordinary flat-bottomed saucepan $\frac{3}{4}$ full of melted Crisco (the digestible vegetable fat). Heat slowly until Crisco browns inch cube of bread in 40 seconds (375°-385° F.). Fry croquettes golden brown. Drain on absorbent paper. Serve plain or with medium-thick white sauce. Strain Crisco—save it to fry with again and again—Crisco keeps digestible.

tropical fruits little known to New York housekeepers. They are about the size of large peaches with smooth reddish-yellow skin. The pulp is orange-yellow, juicy and aromatic. In this recipe for a salad of unique flavor, they are combined with cooked rice.

Bombay Salad

- $\frac{3}{4}$ cup cooked rice
- 3 mangoes, sliced
- Lettuce
- Red and green pepper
- Indian dressing

Pare and slice the mangoes, mix lightly with the cooked rice. Chill. Serve on crisp leaves of lettuce and garnish with chopped red and green pepper. Serve with Indian dressing. This makes 4 servings.

Indian Dressing

- $\frac{1}{2}$ cup French dressing
 - 2 teaspoons chopped hard-cooked egg
 - $\frac{1}{2}$ teaspoon curry powder
 - Salt and pepper
- Place, in a covered jar, the French dressing, chopped hard-cooked eggs and seasonings. Shake well until thoroughly blended. Chill and serve. This makes $\frac{1}{2}$ cup of dressing.

Avocados are a favorite of connoisseurs. Men like them as much as women do. They fit into almost any menu, or make a main salad dish on a day when you say, "What shall I have? I wish I could think of something new." Here is a salad recipe to answer the springtime craving for change.

Three Fruit Salad

- 2 avocados
- Lettuce
- $\frac{3}{4}$ cup diced pineapple
- $\frac{1}{2}$ cup diced banana
- French dressing

Cut avocados in half and scoop out the pulp. Line shell with crisp lettuce leaves and fill with the avocados, pineapple and banana, cut in dice and mixed with French dressing.

CAULIFLOWER SURPRISE

Drain a cooked cauliflower, separate into flowerets and pour over the following sauce: Mix the yolks of two eggs, slightly beaten, one-fourth cup cream, one-half teaspoon salt, one-eighth teaspoon nutmeg and the juice of one-half lemon. Cook in double boiler, stirring constantly until mixture thickens, add two tablespoonfuls butter, bit by bit, and when butter is melted pour over cauliflower at once.

RAISIN FRITTERS

Cream half a cup of brown sugar, a tablespoon of melted butter, add two whole eggs, a cup of milk, a cup of flour, sifted with two teaspoons of baking powder and a pinch of salt. Roll two-thirds of a cup of raisins in flour, fold into the dough and fry. Grape sauce goes with these. Heat two cups of grape juice, flavor with a stick of cinnamon and thicken somewhat with a teaspoon of cornstarch rubbed with a little cold grape juice until smooth.

APPLE TURNOVER

Add a half teaspoonful of salt and two level teaspoonfuls of baking powder to one pint of flour. Mix thoroughly and rub one tablespoonful of butter into the mixture. Add enough milk to make a smooth dough. Roll out to half an inch thickness and cut into circles with a biscuit cutter. Put two tablespoonfuls of stewed apples on one-half of the dough, fold over the other half of the dough, pinch the sides firmly together, brush with milk and place in a baking pan. Bake for twenty minutes.

VANILLA CARAMELS

Melt two tablespoons of butter with one cup light brown sugar, one cup of molasses, and one cup of cream. If you have not the cream use an extra tablespoon of butter. Cook to the stage where the candy hardens in cold water, add two teaspoons of vanilla, and pour into greased pans. When cool, cut into squares with a buttered knife.

GRAPEFRUIT SURPRISE

Three small grapefruit, two bananas, one-third cup celery, six tablespoons sugar, six maraschino cherries, mayonnaise.

Wash and halve the grapefruit. Remove the pulp and mix with banana and celery, cut into dice. Refill grapefruit shells and place on lettuce, sprinkling with sugar and placing a cherry on each. Mayonnaise may be served if desired.

COCOANUT CUSTARD PUDDING

Cover one cup of grated cocoanut with one quart of milk and let stand two hours; add one pint of bread-crumbs, three beaten eggs, one-eighth teaspoon of salt and one teaspoon of lemon. Turn into a buttered baking dish and bake in a moderate oven. For the sauce cream one-half cup of butter with one cup of powdered sugar, add one-half cup of cream, stir over boiling water until the sugar melts and flavor with lemon.

GREEN OLIVE MINT SAUCE FOR COLD LAMB

Serves four or five. One-quarter cup vinegar, one-quarter cup orange juice, one-quarter cup chopped green olives, one tablespoonful sugar, one-quarter cup mint leaves chopped fine. Mix and let stand on range in sauce-pan for half hour. Serve cold.

CONSERVE OF DATES

Soak a pound of dates, a lemon and an orange overnight. Remove the peels of orange and lemon. Put the dates through a sieve and add half a cup of sugar, six tablespoons of lemon juice, and the juice of the whole orange. Cook until thick enough to spread nicely.

A jam of tomatoes, brown sugar, raisins and spice may be prepared thus: Tie in a muslin bag a teaspoon of cloves, another of whole allspice and a stick of cinnamon. Place with a quart of canned tomatoes and a cup of seeded raisins and two tablespoons of lemon juice. Cook. Remove the spices, add a pound of brown sugar and cook with tomatoes and raisins until thick.

SAUCE MILANAISE

Three tablespoonfuls olive oil; one-quarter pound salted anchovies; one can tomatoes (No. 2); one large stalk dill; one-quarter teaspoonful black pepper; three cloves of garlic. Cook the tomatoes until they are soft. Strain through a fine wire strainer. Chop the garlic very fine and brown in the oil. Add the strained tomatoes and the finely chopped dill. Remove the skin and bones from the anchovy and chop fine. Add to the first mixture. Season with pepper and cook until the dill and anchovies are tender. This should be a thin sauce, and if in the cooking it thickens up too much, add water. Keep covered while cooking. This is a spaghetti or rice sauce. When used with spaghetti the cook spaghetti should be sprinkled with browned bread-crumbs and grated cheese first. Then pour on the sauce.

Toast strips of bread lightly on one side. Spread the other side with a mixture of butter and cheese creamed together in equal proportions and seasoned to taste. Cut bacon in small pieces, using the scissors or a knife, and sprinkle liberally over the cheese mixture. Before serving put the cheese fingers under the broiler just long enough to crisp the bacon.

"Bunch of Grapes" Salad

6 Large halves of canned pear
1 Package of white cream cheese
Large Malaga grapes
About one-quarter cupful of mayonnaise
2 or 3 Tablespoonfuls of chopped nuts
1 Tablespoonful of finely chopped ginger

Drain the pear halves very thoroughly and wipe with a paper towel or clean tea towel. Mash the cheese with a fork and add cream to make of a consistency that will spread easily. Frost the rounded sides of the pears with the cream cheese and cover with halves of grapes from which the seeds have been removed. A stem from which the parsley leaves have been removed may be inserted at the large end to represent the stem of a bunch of grapes. Arrange watercress, or lettuce and watercress, on salad plates, and on each one place a spoonful of mayonnaise which has been mixed with the chopped nuts and ginger. Cover with the decorated pear and serve.

Spiced Peach Jam

3 1/2 Cups Prepared Peaches
1 Cup Lemon Juice
7 1/2 Cups Sugar
1 Teaspoon Cinnamon
1 Teaspoon Cloves
1 Teaspoon Allspice
1 Bottle Liquid Fruit Pectin

SELECT 2 1/2 pounds of fully ripe peaches. Wash carefully. Peel, pit, and grind or chop very fine. Add the lemon juice and spices. Measure the sugar into a large kettle and add the prepared fruit. If the mixture does not make 3 1/2 cups of prepared fruit fill up the last cup with water if necessary. Mix well and bring to a full rolling boil over the hottest fire. Stir constantly before and while boiling. Boil hard for 1 minute. Remove from the fire and add the liquid pectin. Skim and pour up quickly into sterilized jars. Seal or paraffin.

Currant and Orange Conserve

1 Orange, Juice and Rind
3 Cups Sugar
1/2 Cup California Walnuts, Chopped
1 Quart Currants

PEEL the orange, and cut the rind in thin strips. Cover with water and allow to stand overnight. The next day cook until the peel is tender and the water nearly evaporated. Stem and wash the currants. Add the sugar, orange peel, and orange juice to the currants. Cook until the mixture is thick and clear. Add the nuts, and cook until they are heated. Pour into hot glasses and seal or paraffin.

Pear Butter

WASH pears and, without peeling, cut into quarters, cover with water and cook until they fall to pieces. Press through a colander to remove skins and seeds. Measure the pulp and add 1 cup sugar and 2 tablespoons lemon juice to each quart of pulp. Add cinnamon, allspice, and cloves to suit taste. Cook mixture slowly until it becomes smooth and thick, stirring almost constantly. Pack in clean, hot jars and seal.

Blueberry Muffins

2 Cups Flour
1/4 Cup Shortening
1/2 Cup Sugar
1 Cup Milk
1 Cup Blueberries
1/2 Teaspoon Salt
4 Teaspoons Baking Powder
1 Egg

SPRINKLE the berries with a little of the flour. Sift the remaining flour with the other dry ingredients. Melt the shortening; combine with the milk and the beaten egg yolk. Combine these two mixtures quickly and fold in the stiffly beaten egg white. Bake for 1/2 hour in a hot oven (400 degrees F.).

Rice Soufflé

1/2 Cup Rice
2 Cups Canned Tomatoes
1 Cup Cream
1 Tablespoon Butter
1/2 Teaspoon Salt
1/2 Teaspoon Pepper
7 Olives, Chopped

WASH the rice and place it in the top of a double boiler over boiling water. Add the other ingredients in the order given. Do not stir. Cook for 2 hours. Just before placing in a serving dish stir the mixture until well blended. Serves 6.

Pineapple and Carrot Salad

1 Cup Grated Raw Carrots
1/2 Cup Pecan Meats, Chopped
1/2 Cup Mayonnaise
1 Cup Canned Pineapple, Diced and Drained
1/2 Teaspoon Salt

ADD the carrots, pecans, and pineapple to the mayonnaise. Sprinkle with the salt and toss lightly with a fork until well mixed. Serve on water cress.

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Reader Recipes

Ham Loaf

- 1 pound ham, chopped fine
- 2 pounds lean pork, chopped fine
- 1 cup milk
- 1 cup bread crumbs
- $\frac{1}{4}$ teaspoon pepper
- 1 teaspoon salt
- 2 eggs
- 2 cups strained tomatoes
- Whole cloves

Mix meat, milk, crumbs, seasonings, and eggs. Mold in a pan, and bake one-half hour. Pour off liquid, add strained tomatoes. Stick whole cloves over the loaf. Bake one hour longer.

Time in cooking, $1\frac{1}{2}$ hours.

Temperature, 350 degrees.

Recipe makes twelve servings.

Mrs. L. E. M., California.

Almond Steak

- 1 pound round steak
- 2 tablespoons chopped suet
- 1 cup blanched almonds
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- Few drops Worcestershire sauce

Put steak and suet through food chopper. Add almonds chopped very fine. Add seasonings. Mix well and make into flat cakes. Cook in hot frying pan for six or eight minutes. Place a piece of butter on each cake, garnish with parsley, and serve immediately.

Recipe makes eight cakes.

Miss B. P. B., Minnesota.

Tapioca Toast

- 3 cups milk
- 2 tablespoons quick cooking tapioca
- 1 cup grated cheese
- 1 egg, well beaten
- Salt and pepper to taste
- $\frac{1}{4}$ teaspoon paprika
- 6 slices crisp toast buttered

Heat one cupful of milk, add tapioca and cook ten minutes. Heat remaining two cups of milk, add cheese, and cook until cheese is melted. Combine mixtures and add egg and seasonings, stirring constantly. Serve hot on toast.

Recipe makes six servings.

Mrs. W. B. T., Ohio.

Mary Martha Tea Room Salad

- 1 large onion
- 2 medium-sized green peppers
- 4 cups diced boiled potato
- 1 cup seedless raisins
- $\frac{1}{2}$ cup French dressing
- 4 cups chopped apple

Put onion and pepper through the food chopper. Add the potatoes and the raisins which have been soaked until plump in French dressing. Pour the French dressing

over the salad and let stand for a little while. Add apples, and mix with boiled dressing. Serve on lettuce topped with Russian dressing.

Recipe serves twelve.

I. G. E., Massachusetts.

One Crust Mince Pie

- 1 package mince meat
- $\frac{1}{2}$ cup cold water
- 1 pint boiling water
- 1 package pineapple gelatine
- Baked pastry shell
- $\frac{1}{2}$ pint cream
- Sugar

Soak mince meat in cold water. Dissolve gelatine in boiling water, add mince meat and set aside to harden. When almost firm, stir a little and put in cold baked crust. Whip cream, sweeten, and pile on mince meat combination.

Recipe makes one large pie.

Mrs. K. S., Michigan.

Raisin Maple Blanc Mange

- 1 cup seedless raisins
- 3 cups boiling water
- 2 cups light brown sugar
- 3 tablespoons cornstarch
- 1 cup cold water
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon maple flavoring
- 1 cup walnut meats

Cook the raisins ten minutes in boiling water. Add sugar, cornstarch mixed in cold water, and the salt. Cook until thickened, stirring constantly and then cook in double boiler for fifteen minutes. Add flavoring and nut meats. Serve cold with whipped cream.

Recipe serves twelve.

Mrs. M. S., Indiana.

Gingerbread Nuggets

- $\frac{1}{4}$ cup shortening
- $\frac{1}{2}$ cup sugar
- 1 egg
- 1 egg yolk
- $\frac{1}{2}$ cup molasses
- $\frac{1}{2}$ cup sour cream, sour milk, or butter milk
- $1\frac{1}{2}$ cups sifted flour
- 1 teaspoon soda
- 1 teaspoon ginger
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- $\frac{1}{4}$ teaspoon wintergreen
- 2 tablespoons caraway seed.

Cream shortening, add sugar, and eggs well beaten. Add molasses, milk, dry ingredients mixed and sifted, flavoring and caraway seed. Bake in a moderate oven. When cooked break into pieces and ice each piece all over with boiled icing flavored with wintergreen.

Time in cooking, 40 minutes.

Temperature, 325 degrees.

Recipe makes sheet $9\frac{1}{2}$ by 12 x 1 inches.

A. B., Maine.

MIDSUMMER BREAKFAST

toasted muffin halves. Place a poached egg on top of each. Cover with hollandaise sauce.

To make the sauce: Melt 2 tablespoons of butter in the top of a double boiler over boiling water. Add 2 tablespoons of flour and stir to a smooth paste. Add 1 cup of milk gradually, stirring constantly. Add $\frac{1}{4}$ teaspoon of salt and a dash of pepper and cayenne. Slowly add the beaten yolk of 1 egg mixed with a little of the sauce. Continue stirring, and add 2 tablespoons of lemon juice. Remove from the fire and slowly add $\frac{1}{2}$ cup of mayonnaise. Blend well.



JELLIED FIGS

- 1 package Orange Jell-O
- 1 pint boiling fig juice and water
- $\frac{1}{4}$ teaspoon salt 1 tablespoon lemon juice
- 1 cup stewed figs, drained and cut

Dissolve Jell-O in boiling fig juice and water. Add salt, lemon juice, and figs. Chill until slightly thickened. Turn into sherbet glasses. Chill until firm. Serve plain or with whipped cream. Serves 8.

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Cream of Spinach Soup

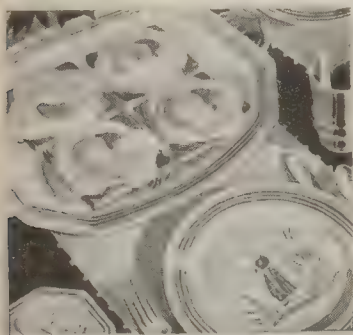
- 1 Can of spinach (No. 2)
- $\frac{1}{2}$ Cupful of water
- $3\frac{1}{2}$ Cupfuls of milk
- 3 Slices of onion
- 1 Bay leaf
- 2 Tablespoonfuls of butter
- 2 Tablespoonfuls of flour
- 1 Teaspoonful of salt
- Pepper and paprika to taste
- 2 Hard-cooked eggs

Heat the spinach with the water for eight to ten minutes and rub through a coarse sieve. Scald the milk with the onion and bay leaf. Melt the butter, add the flour and cook, stirring constantly until smooth and blended. Add the scalded milk from which the onion and bay leaf have been removed and cook over hot water until thickened, stirring frequently. Season to taste and serve piping hot with a garnish of finely chopped egg white and the yolk pressed through a sieve.

Asparagus, Rice and Mushroom Supper Dish

- 1 Cupful of rice
- 1 Can of asparagus
- 2 Tablespoonfuls of butter
- 2 Tablespoonfuls of flour
- $\frac{1}{2}$ Teaspoonful of salt
- $1\frac{1}{2}$ Cupfuls of asparagus liquid
- 1 Cupful of chopped canned mushrooms
- $\frac{1}{2}$ Cupful of mushroom liquor

Wash the rice and cook in a large quantity of boiling salted water until tender. Drain and rinse in hot water. Pack into an oval mold and turn out on a hot platter. Garnish with the asparagus which has been heated in its own juice. Pour over this a sauce made as follows: Melt the butter, add the flour and salt and stir until thoroughly blended. Add the asparagus liquid gradually and cook, stirring constantly until the mixture thickens. Add the chopped canned mushrooms and the mushroom liquor and when heated through pour over the asparagus and rice.



Eggs Benedictine

SPLIT and toast muffins. Sauté circular pieces of cold boiled ham. Place ham on the



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Rice Ring à la Marye Parboil $\frac{1}{4}$ cups of shredded raw carrots 5 minutes in salted water. Drain thoroughly and add 1 tablespoon chopped onion, 1 cup cooked rice, 1 beaten egg, seasonings, 1 cup of Kraft American Cheese, grated. Turn into buttered ring. Bake 30 minutes in moderate oven. Unmold and serve hot with cooked peas in the center.

Swiss Omelet Slightly beat 2 whole eggs and 2 egg yolks. Add $\frac{1}{4}$ cup milk and seasonings. Fold in 2 beaten egg whites. Cook very slowly in skillet into which 2 tablespoons of butter has been melted. When almost done place in slow oven until top is set. Sprinkle generously with Kraft Swiss Cheese, grated. Fold and serve at once.

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SUN-MAID CREAM PIE

- | | |
|-------------------------------|---|
| $2\frac{1}{4}$ cups milk | 1 tablespoon butter |
| $\frac{1}{4}$ cup brown sugar | 1 cup Sun-Maid Nectars (or Sun-Maid Seedless) |
| 4 tablespoons cornstarch | 1 teaspoon vanilla |
| 2 eggs | |

Scald 2 cups milk in double boiler. Mix sugar with cornstarch, moisten with $\frac{1}{4}$ cup milk, add egg yolks and blend thoroughly. Pour into hot milk. Stir constantly until thick and smooth. Add raisins, butter, and beat well. Remove from fire, add vanilla and pour into a baked pastry shell. Spread with meringue and bake about 15 minutes in a moderate oven (350 degrees F.).

SUN-MAID LAYER SPICE CAKE

- | | | |
|--|-------------------------------|-----------------------------|
| 1 cup Sun-Maid Puffed (or Sun-Maid Seeded) | 5 teaspoons baking powder | |
| $\frac{1}{2}$ cup shortening | 1 teaspoon cinnamon | |
| $1\frac{1}{2}$ cups sugar | 1 teaspoon nutmeg | |
| 3 eggs | $\frac{1}{2}$ teaspoon cloves | |
| 1 cup milk | 2 teaspoons vanilla | $\frac{1}{2}$ teaspoon salt |
| | $2\frac{3}{4}$ cups flour | |

Wash raisins, drain and chop. Cream shortening with sugar, add well-beaten eggs and milk. Combine with flour sifted with baking powder, spices and salt. Beat thoroughly, add raisins, vanilla, and mix well. Pour into three layer cake pans. Bake 20 minutes in a moderate oven (350 degrees F.). Put together with a boiled frosting to which has been added one cup chopped Sun-Maid Puffed (or Sun-Maid Seeded).

CRUSTED BREAD PUDDING

- | | |
|------------------------------------|---|
| 4 slices buttered toast | $\frac{1}{4}$ cup Sun-Maid Nectars (or Sun-Maid Seedless) |
| 5 cups milk | 1 teaspoon vanilla |
| 5 eggs, beaten slightly | Nutmeg |
| $\frac{1}{2}$ cup granulated sugar | |

Arrange toast in baking pan. Combine milk, eggs, sugar, raisins, vanilla, and mix well. Pour over toast and sprinkle nutmeg over top. Place baking pan in a pan of water and bake in a moderate oven (350 degrees F.) 40 to 45 minutes. Do not let water boil. Serves 8 to 10.

BRAN MUFFINS DE LUXE

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|---|-------------------------------------|
| 1 cup Sun-Maid Nectars (or Sun-Maid Seedless) | 2 eggs, beaten |
| $\frac{1}{2}$ cup chopped walnut kernels | 1 cup milk |
| 3 tablespoons shortening | $2\frac{1}{4}$ cups all-bran |
| 2 tablespoons dark molasses | $\frac{3}{4}$ cup all-purpose flour |
| | $\frac{1}{4}$ teaspoon soda |
| | 3 teaspoons baking powder |

Wash raisins and drain. Cream shortening and molasses, add eggs, milk and bran. Add raisins, walnuts, flour sifted with soda and baking powder, and mix. Fill greased muffin rings nearly full and bake in a hot oven (425 degrees F.) 18 to 20 minutes. Makes 1 dozen medium sized muffins.

Scalloped Peaches

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|---------------------------------|---------------------------|
| 1 Cup Sugar | 3 Cups Sliced Peaches |
| $\frac{1}{2}$ Teaspoon Salt | 2 Tablespoons Butter |
| $\frac{1}{4}$ Teaspoon Nutmeg | 4 Tablespoons Lemon Juice |
| $\frac{1}{2}$ Teaspoon Cinnamon | |
| 2 Cups Crumbled Shredded Wheat | 4 Tablespoons Water |

MELT the butter in the top of a double boiler over boiling water and add the crumbled cereal. Stir until well blended. Mix the spices with the sugar. Use a baking dish 7 inches in diameter and 3 inches deep and cover the bottom of the dish with the buttered crumbs. Add a layer of the peaches and sprinkle with the sugar mixture. Continue until the crumbs and peaches are used, leaving a layer of the crumbs on top. Add the water mixed with the lemon juice. Bake for 45 minutes in a moderate oven (350 degrees F.). Use either canned or fresh peaches. To vary, use sliced bananas. Serve with cream or caramel sauce.

Caramel Sauce

- | | |
|---------------------------|-------------------|
| $1\frac{1}{2}$ Cups Sugar | 1 Teaspoon Butter |
| 1 Cup Water | 1 Egg Yolk |

MIX $\frac{1}{2}$ of the sugar with the butter and caramelize by heating until melted and amber-colored. Mix the remaining sugar with the water, bring to a boil, and add the melted sugar and butter. Boil for 10 minutes. Pour the mixture slowly onto the beaten egg yolk, beating until well mixed. Return to the heat and cook for 2 minutes longer.

SUN-MAID RAISIN CRUSTY PUDDING

- | | |
|--|-----------------------------|
| $1\frac{1}{2}$ cups Sun-Maid Puffed (or Sun-Maid Seeded) | $\frac{1}{4}$ teaspoon salt |
| 6 cups toasted bread cubes | $\frac{1}{2}$ cup butter |
| 3 cups chopped cooking apples | 1 tablespoon cornstarch |
| 1 cup walnut kernels, chopped | 1 teaspoon cinnamon |
| 1 cup granulated sugar | 2 cups boiling water |
| | 2 teaspoons vanilla |

Wash and drain raisins. Arrange a layer of bread cubes in the bottom of a buttered baking dish or casserole. Add a layer of raisins, a layer of apples and a sprinkling of nut kernels; another layer of bread cubes, alternating until dish is full. Cream sugar, salt, butter, cornstarch and cinnamon together, add boiling water and let cook 3 or 4 minutes. Remove from fire, add vanilla, and pour mixture over pudding. Cover and bake in a moderate oven (375 degrees F.) one to $1\frac{1}{4}$ hours, depending on depth of dish. Serves 6 to 8.

Chocolate Cereal Pudding

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|--------------------------------|-----------------------|
| 2 Cups Crumbled Shredded Wheat | 2 Squares Chocolate |
| 1 Cup Sugar | 1 Teaspoon Shortening |
| 3 Cups Milk | 1 Teaspoon Vanilla |
| 3 Eggs | |

HEAT the milk in the top of a double boiler over boiling water. Add the grated chocolate, stir until melted, and then add the sugar and shortening. Pour this mixture over the beaten eggs, blend thoroughly, and add the cereal and vanilla. Bake in a greased baking dish 7 inches in diameter and 3 inches deep. Have the oven moderately hot (350 degrees F.). Baking time $\frac{1}{2}$ hour. Serve with plain cream or whipped cream.

Cereal Tapioca

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|--------------------------------------|-----------------------------|
| 4 Cups Milk | 2 Egg Yolks |
| $\frac{1}{2}$ Cup Sugar | 1 Teaspoon Vanilla |
| $\frac{1}{4}$ Teaspoon Salt | $\frac{1}{2}$ Cup Grapenuts |
| $\frac{1}{2}$ Cup Granulated Tapioca | |

PLACE the milk, sugar, salt, and tapioca in the top of a double boiler over boiling water. Stir frequently, and when thoroughly heated cook for 5 minutes. Remove from the fire and pour the mixture over the beaten eggs. Blend thoroughly and pour back into the double boiler. Heat, stirring constantly. Remove from the fire and add the flavoring. Cool slightly and add the cereal. Chill and serve with cream.

Brown Sugar Crisps

- | | |
|--------------------------------|--------------------------------------|
| 1 Cup Sweetened Condensed Milk | 3 Cups Corn Flakes |
| 3 Tablespoons Brown Sugar | $\frac{1}{2}$ Cup California Walnuts |

COOK the sweetened condensed milk and brown sugar in a double boiler over boiling water until thick. Remove from the fire and add the cereal, mixing thoroughly. Drop by spoonfuls on a well-greased pan about 1 inch apart. Bake for 10 or 12 minutes, or until brown, in a moderate oven (350 degrees F.). Makes 2 dozen.

Macaroons

- | | |
|--------------------------------|---|
| 2 Egg Whites | $\frac{1}{2}$ Cup California Walnuts (Chopped Coarsely) |
| $\frac{1}{4}$ Teaspoon Salt | |
| $\frac{3}{4}$ Cup Sugar | |
| $\frac{1}{2}$ Teaspoon Vanilla | |
| 1 Cup Crumbled Shredded Wheat | |

BEAT the egg whites until stiff but not dry. Add the salt and then add the sugar slowly, beating vigorously all the while. Add the vanilla and fold in the crumbled cereal and nuts. Then drop the batter by teaspoonfuls on a greased

baking sheet about an inch apart. For baking the oven must be slow (275 degrees F.). Bake from 20 to 30 minutes, or until the surface seems dry to touch. Remove from the oven and allow to stand for a minute before removing from the pan.

Raisin Cookies

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|--|------------------------------------|
| $1\frac{1}{2}$ Cups Sweetened Condensed Milk | $\frac{1}{2}$ Cup Seedless Raisins |
| $\frac{1}{2}$ Cup Peanut Butter | $\frac{1}{2}$ Cup Shredded Coconut |
| $2\frac{1}{2}$ Cups Puffed Wheat | |

THOROUGHLY blend the sweetened condensed milk, peanut butter, raisins, and coconut. Add the cereal. Shape with the hands into small flat cakes. Place on a greased baking sheet and bake for 10 minutes in a moderate oven (350 degrees F.), or until delicately browned. Remove from the pan while still warm. Makes dozen.

Honey Ginger Cookies

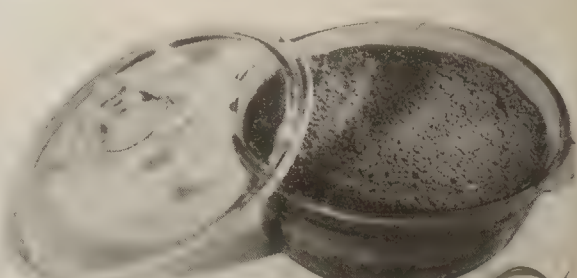
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| $\frac{1}{2}$ Cup Honey | 1 Cup Flour |
| $\frac{1}{2}$ Cup Sugar | $\frac{1}{4}$ Teaspoon Salt |
| $\frac{3}{4}$ Cup Melted Shortening | $1\frac{1}{2}$ Teaspoons Baking Powder |
| 1 Egg | $\frac{1}{2}$ Teaspoon Ginger |
| 1 Cup Quaker Oats | |

MIX the honey, sugar, melted shortening, and well-beaten egg. Add the flour, salt, baking powder, and ginger, sifted together. Add cereal. From a teaspoon drop on a greased baking sheet and bake in a slow oven (325 degrees F.) about 35 to 40 minutes. These cookies may be rolled or not as desired.

Pineapple-and-Date Pudding

- | | |
|----------------------------------|---------------------------------|
| $\frac{3}{4}$ Cup Cream of Wheat | 2 Cups Canned Crushed Pineapple |
| $3\frac{1}{4}$ Cups Water | $\frac{1}{2}$ Cup Butter |
| 1 Teaspoon Salt | 1 Cup Brown Sugar |
| $\frac{1}{2}$ Cup Chopped Dates | 1 Egg |

HEAT the water in the top of a double boiler until boiling. Add the salt and slowly add the cereal, stirring constantly. Cook over the flame until the mixture begins to thicken. Add the chopped dates, place over boiling water, and cook for 15 minutes. Cream together the sugar and the butter until well blended. Add the beaten egg. Mix well. Add the crushed pineapple and cooked cereal. Return the mixture to the double boiler and cook over boiling water for 5 minutes. Serve hot or cold. Top with whipped cream.



A QUICK WAY TO MAKE YEAST ROLLS

Beginning on page 39]

bulk over hot water. Bake in a hot oven, 400 degrees F., fifteen to twenty minutes until light brown. Remove from oven; brush with melted butter. About two dozen rolls.
If some of the dough is to be put into the refrigerator for later use, add one-quarter teaspoon soda to mixture with sugar and salt. Put in bowl, grease dough on top; cover tightly with moisture-proof paper.
Total time: 2 yeast cakes—2¼ hours; 1 yeast cake—5 hours.
Now for some variations:

Cloverleaf Rolls

After the standard dough has risen, make three small balls of dough for each roll. Put balls close together into greased muffin pans and brush tops with melted butter or milk. Cover, let rise over hot water until double in bulk and bake in a hot oven, 400 degrees F., fifteen to twenty minutes until quite brown. Brush tops with melted butter.

Parker House Rolls

After the standard dough has risen, cut the dough into a thin sheet, cut into rounds, crease center with knife handle, brush one half with melted butter and fold. Cover, let rise over hot water until double in bulk; bake in hot oven, 400 degrees F., fifteen to twenty minutes until light brown. Remove from oven and brush the tops with melted butter.

Butter Semmels

After the standard dough has risen, roll dough to one-quarter inch thickness. Cut into three-inch squares, put one-half teaspoon hard butter into center of each square. To fold, bring diagonal corners of each square together and pinch the edges together. If the edges will not stay together, moisten them with a little water. Arrange on a greased baking sheet, folded side down; cover and let rise over hot water until double in bulk. Bake in a hot oven, 400 degrees F., fifteen to twenty minutes until light brown. Remove from oven and brush with melted butter.

Philadelphia Cinnamon Buns

After the standard dough has risen, roll it into a long, oblong sheet about one-quarter of an inch thick. Spread with softened butter, sprinkle with brown sugar and cinnamon and seeded raisins. Roll tightly and cut into one-inch slices with a sharp knife. Grease pie or cake pans very well with butter and sprinkle liberally with brown sugar; arrange rolls close together in the pan. Cover and let rise over hot water until double in bulk; bake in a moderate oven, 375 degrees F., about twenty minutes. Remove from oven; turn out of pan at once.

By enriching my plain roll recipe, I get fancy rolls:

FANCY ROLLS (Basic Recipe)

- | | |
|--|-------------------------|
| 2 cakes compressed yeast | ½ teaspoon salt |
| 1 cup milk, scalded and cooled to lukewarm | 2 eggs or 4 egg yolks |
| ½ cup sugar | 4 cups flour |
| | ½ cup melted shortening |

Crumble yeast into a bowl, add milk and stir to dissolve yeast. Add

sugar, salt, beaten egg and half the flour. Mix well, then stir in rest of flour. Add melted shortening and mix thoroughly. Turn out on floured board. Knead two or three minutes until the dough is smooth. Put in a bowl, cover and let rise over hot, not boiling, water until double in bulk. Turn out on board and knead until smooth. Form into the desired shape, arrange on greased pans, brush with melted butter or milk and let rise again until double in bulk over hot water. Bake in a hot oven, 400 degrees F., until light brown. Remove from oven and brush the tops with melted butter.

If one portion of this dough is to be put in the refrigerator for later use, add one-quarter teaspoon soda to the mixture with the salt and sugar. The portion reserved for later use should be put in a bowl, greased on top and covered tightly with moisture-proof paper.

Total time: 2 yeast cakes—2½ hours; 1 yeast cake—5 hours.

Popular variations of this fancy roll recipe are:

English Bath Buns

One cup seeded raisins may be worked into the fancy roll dough. Form into balls about two inches in diameter, place on a greased baking sheet, let rise over hot water until double in bulk, spread with unbeaten egg white, sprinkle with sugar and chopped almonds or Brazil nuts, and bake in a hot oven, 400 degrees F., fifteen to twenty minutes. Remove buns from the oven and brush the tops with melted butter.

Hot Cross Buns

Make like Bath buns but do not sprinkle with chopped nuts. After baked, cool and garnish tops with a combination sugar spread.

Pat three diameter, white a mixture ter and on let rise in bulk 375 degrees twenty-
Swee Add to fanc in half oblong, sprinkl choppe brown raisins, rings (and m them t cut wil vals, if baking until d modera ty to t from o fection der Ho drops added, almond
To n spread hot toast with a suspicion of dou anchovy paste, as elusive as scandal at a them a Dorcas Society, and place thereon the Spread lobster. Add a mound of green peas lavishly
nuts and seeded raisins and place on a greased baking sheet. Let rise and bake like tea ring.

dressed with butter, some ripe olives and a green salad to your menu. And no snowball will ever roll up faster than your reputation as an epicurean provider. "She sets a good table." And what a hymn of praise!

Oh, well, we must be getting on. I could but I won't keep to my lobster theme any longer. You get the idea, and, as I said, such things as these are what we all want when we have those special meals that have to be different, have to be unusual and have to be what I call "memorial meals"—meaning, if you get me, something to be remembered.

A COOKY FIT FOR A KING. Maybe you wish for something for tea, some little thing that hasn't appeared on every tea table as regularly as a fried egg on a lunch-cart counter. So here is a chocolate cooky, a fragile rose-point cooky, a thin, crisp, perfect love of a cooky, and so easy and quick to make that you can dash out and have it ready before you can say Jack Robinson!

Put on the double boiler. The whole thing is done in it. No extra bowls and melting pots necessary. Put on the double boiler and into it put 2 squares of chocolate. Let it melt. Now take the top part of the boiler to your kitchen table and add to the melted chocolate ½ cupful of melted butter, 1 cupful of sugar, ½ cupful of flour, ¼ teaspoonful of salt. Beat well and add 2 well-beaten eggs. Flavor with 1 teaspoonful of vanilla. Beat again. Spread with a spatula on a greased cooky sheet, having the mixture spread *extremely* thin. I mean *very* extremely thin. Be as immoderate as you can on the thinness. Sprinkle thickly with finely chopped walnuts. Bake in an oven at about 400° F. for ten minutes. Cut into squares or shapes while warm. Don't loiter here. Work fast. And right away they'll be crisp, elegant, delicious and devastatingly good with tea, coffee, chocolate, ice cream—or all by themselves.

GINGERBREAD THINS. Just one more of the same kind, only a little more so, if you know what I'm driving at. And this one is to be used, utilized, employed, consumed and turned to the same account as the chocolate creation. And it's a gingerbread. Ginger things are lovely with tea.

Cream 1 cupful of shortening with 2 cupfuls of sugar. Add 1 tablespoonful of ginger. Add 1 cupful of milk in which has been dissolved ¾ teaspoonful of soda. Add gradually 4 cupfuls of sifted flour. Mix well. Spread this mixture on inverted greased tins (the bottoms, you know), or on a cooky sheet. If you spread the chocolate one as thin as you possibly can, spread this one a shade thinner. It's the thinness that counts. Bake in an oven at 375° F. until light brown. Cut while hot. Don't wait. Cut it the moment it comes from the oven. This recipe makes a large quantity of the most delicious ginger "thins" you'll ever eat in all your life. Halve it if you want less. After once making these you won't dream of halving the recipe.

So for a dessert—and this is another "just the thing" for that Sunday dinner or luncheon or supper when the call is for a delicate, delectable and simple ending for the somewhat different meal.

APRICOT CUSTARD SPONGE. Make a boiled custard by adding, to 2 cupfuls of scalded milk, 3 eggs beaten light with ½ cupful of sugar. (Continued on Page 48)

Scalloped Egg and Shrimp

- | | |
|--|------------------------------------|
| 4 Tablespoonfuls of butter | 4 Tablespoonfuls of flour |
| White pepper | $\frac{3}{4}$ Teaspoonful of salt |
| 2 Cupfuls of milk | Dash of cayenne |
| 1 Cupful of shrimps, cooked or canned | 4 Hard-cooked eggs |
| About half a cupful of buttered crumbs | 1 Tablespoonful of chopped parsley |

Melt the butter in the top part of a double boiler, add the flour and stir until smooth and thoroughly blended. Add the seasonings and gradually pour in the milk, stirring during the addition. Cook and stir until the mixture is thick and smooth. Add the hard-cooked eggs which have been sliced, and the shrimps from which the black veins have been removed and which may be either left whole or cut in pieces. Heat through, add the chopped parsley and turn into a buttered casserole. Sprinkle the buttered crumbs over the top and bake in a hot oven—450 degrees Fahr. for fifteen minutes or until the crumbs are browned. Six servings.

Oyster Omelet

- | | |
|---------------------------|-----------------------------------|
| 1 Tablespoonful of butter | 4 Eggs |
| 4 Tablespoonfuls of water | $\frac{1}{2}$ Teaspoonful of salt |
| Dash of white pepper | 6 or 8 Oysters |

Melt the butter in the pan in which the omelet is to be cooked but do not let it brown. Separate the egg yolks and whites and beat the yolks with the water, salt and pepper. Heat the oysters in their own liquor, only until they are plump and cut with the scissors into quite small pieces. Add to the beaten egg yolks. Beat the egg whites until stiff but not dry and fold into the yolks. Turn the mixture into the pan and cook very slowly until the omelet is set. Place in a slow oven to finish cooking, fold, turn on to a hot platter and serve at once. Four servings.

Egg and Vegetable Supper Dish

- | | |
|---------------------------|---|
| 1 Round of buttered toast | 1 Heaped tablespoonful of hot, cooked spinach or asparagus tips * |
| 1 Poached egg | |
| Rich white sauce | |
| Chopped pimiento | |

On the buttered round of toast, place the heaped tablespoonful of hot, cooked vegetable which has been well drained. On top of the vegetable place the egg which has been freshly poached, and cover the whole with the hot white sauce to which a little chopped pimiento has been added. Individual serving.

Savory Curried Eggs

- | | |
|--|--|
| 6 Eggs | 4 Tablespoonfuls of butter |
| 1 Tablespoonful of finely chopped green pepper | 2 Tablespoonfuls each of finely chopped onion and celery |
| 1 Teaspoonful of curry powder | 1 Teaspoonful of salt |
| 3 Tablespoonfuls of flour | Dash of tabasco sauce |
| 2 Cupfuls of milk | |

Cook six eggs until hard and remove the shells. Make a sauce as follows: Melt the butter, add the finely chopped pepper, onion and celery and cook for two or three minutes. Stir in the flour, salt and curry powder which have been mixed together and cook

[Continued on page 64]

Sell cards 22, 23, and 24 to D. S. Moore for this sale on the debit side of the Cash Book. See s

Lamb in Lime Mold with Vegetables

- | | |
|----------------------------------|---------------------|
| 1 Package Lime-flavored Gelatine | 2 Cups Green Peas |
| 2 Cups Hot Water | 2 Cups Potato Cubes |
| 2 Cups Cold Lamb | 1 Cup Mayonnaisse |
| Radish Roses | Lettuce |

Fresh Mint

DISSOLVE the gelatine in the hot water. When partly set fold in the lamb ground rather coarse, and put in a mold that has been rinsed in cold water. When hardened, unmold on a chop plate and surround with alternating portions of peas and potato cubes. The latter should be marinated. Garnish with radish roses, fresh mint, and lettuce.

Austrian Herring Salad

- | | |
|---------------------------------|-----------------------------------|
| 1 Cup Flaked Spiced Herring | 2 Cups Cooked Potatoes |
| $\frac{1}{4}$ Cup Cooked Beets | $\frac{1}{4}$ Cup Cold Minced Ham |
| $\frac{1}{4}$ Large Dill Pickle | $\frac{1}{2}$ Cup Cooked Peas |
| 2 Hard-cooked Eggs | 1 Tart Apple |

DICE the potatoes, combine with the herring, one-half of the peas, beets, and eggs, the ham, and the other ingredients. Marinate, and add if you like a half cup of red wine. Just before serving arrange on lettuce and garnish with the remaining vegetables and the hard-cooked egg.

Emergency-Shelf Salad

- | | |
|----------------|-------------------|
| 1 Can Shrimps | 1 Can Mushrooms |
| 1 Can Beets | 1 Cup Mayonnaisse |
| 1 Green Pepper | Lettuce |

CUT the beets in fine julienne strips. Split the pepper lengthwise and use for two oval containers for the mayonnaisse. Surround with lettuce nests filled with the beets, the shrimps and the mushroom caps. Do not mix, but allow each guest to take a spoonful from each one.

Harlequin Vegetable Salad

- | | |
|-----------------------------|--------------------|
| 1 Small Cauliflower, Cooked | 2 Cups Green Peas |
| 2 Cups Wax Beans | 4 Medium Tomatoes |
| 2 Bunches Young Carrots | 2 Cups Mayonnaisse |

IF THE carrots are tiny, cook whole. Center your service plate with the whole cauliflower, next have a circle of the green peas, then of the wax beans, also cooked whole; then the carrots, with the points forming a frame for the sliced tomatoes. Pass the mayonnaisse separately.

Interest @ six per cent. value received.

Add sugar to milk and allow to come to a boil, then add beaten egg yolks. Dissolve the gelatine in a little cold water and add to mixture. Allow this to cool, stirring constantly. When cold, add this mixture to the whipped cream. Over a half-inch layer of light sponge cake, spread caramel butter cream and place in a sponge ring lined with lady fingers. Then pour the above mixture into this and set in the ice-box to cool. When cold, spread the top with whipped cream and sprinkle with macaroon crumbs.

Sweetbread-and-Pineapple Salad

- | | |
|-----------------------------|----------------------|
| 1 Can Pineapple Cubes No. 2 | 2 Pounds Sweetbreads |
| 1 Cup Mayonnaisse | |

COMBINE the diced cooked sweetbreads with the drained pineapple and the mayonnaisse. Serve on lettuce leaves garnished with lemon crescents and pepper stars.

The success of this salad lies in the proper preparation of the sweetbreads. After cleaning them cook in water below the boiling point for 25 minutes if you use calves' sweetbreads, and for double that period in the case of beef. Add salt and 2 tablespoons of lemon juice or vinegar to each quart of cooking water. Drain and plunge instantly into ice water. Dice when cold.

Mae West Salad

Place on two strips of romaine lettuce one half dozen slices of pineapple. In the centre add a large roll of cream cheese on top of which is a spoonful of currant jelly. Garnish around the edge with ripe olives and serve with French dressing.

Lobster Thermidor

Cook live lobsters in boiling water. Cool thoroughly. Split in half and remove meat from shell carefully. Cut into one-inch squares, diced. Sauté in butter with mushrooms and chives. Add pure cream and cook seven minutes. Thicken with yolk of egg without boiling further. Glaze under a low flame and serve.

Gary Cooper Potato Pancakes

Grate one raw potato and one large onion. Add one raw egg and one teaspoonful of flour. Season with salt. Mix thoroughly. Use one tablespoonful of mixture to each cake. Cook to golden brown on hot griddle.

Frederick, the Derby pastry chef, is famous for his fancy cakes, sugar decorations, which include portraits of the stars made of sugar, candy flowers, etc. One of his simpler recipes, which was a favorite of the late Lilyan Tashman, is his ice-box cake.

Frederick's Ice-Box Cake

- | | |
|----------------------|--------------------------|
| 2 Cupfuls of milk | 1 Cupful of sugar |
| 6 Egg yolks | 1 Vanilla bean |
| 4 Leaves of gelatine | 1 Pint of whipping cream |

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IT-JUICE COCKTAIL: Pour into a

MR. KRINGLE'S PUDDING *thriftier than plum pudding*

cup Crisco	2 teaspoons thinly cut	1 tablespoon water
cup brown sugar	lemon peel	1 teaspoon baking powder
egg	$\frac{1}{2}$ cup seedless raisins	$\frac{1}{2}$ teaspoon salt
cup grated raw carrots	$1\frac{1}{4}$ cups flour	$\frac{1}{2}$ teaspoon cinnamon
cup currants	$\frac{1}{2}$ teaspoon soda	$\frac{1}{2}$ teaspoon nutmeg

nd Crisco (so creamy and *digestible*!) h sugar and egg. Beat lightly. Add ted carrots, raisins, currants and on peel. Add the sifted flour, baking vder, salt and spices. Mix thoroughly. m add the soda, dissolved in water. i can cook this pudding in two ways: pour the mixture into Criscoed cus-

tard cups, cover with waxed paper, steam for one hour—then bake in a moderate oven (350° F.) for 10 minutes. (2) pour mixture into a tube mold or a pudding dish that is rubbed with Crisco and bake in a moderate oven (325° F.) for 1 hour. Serve hot with pudding sauce or hard sauce. Serves 8.

Measurements Level—The prices of these thrift recipes may vary slightly in your city. Recipes tested and approved by Good Housekeeping Institute. Crisco is the storied trademark of a shortening manufactured by the Procter & Gamble Co.



CHOCOLATE TASTY *with my brand-new chocolate pastry!*

DIGESTIBLE CRISCO CHOCOLATE PASTRY:

2 cups flour	1 tablespoon sugar	$\frac{3}{4}$ cup Crisco
3 tablespoons cocoa	1 teaspoon salt	$\frac{1}{2}$ cup cold water

Pastry: Sift dry ingredients. Cut in coarsely Crisco (the *digestible* shortening). Add just enough water to hold ingredients together. Divide dough into 4 balls. Roll out on lightly floured board into rounds, about 8 inches across. Place on cookie sheets (or inverted baking pans). Prick well. Bake in quick oven (425° F.) 10 minutes.

Cream Filling: Heat $2\frac{1}{4}$ cups milk in double boiler. Mix $\frac{3}{4}$ cup sugar, $\frac{1}{4}$ tea-

spoon salt, $\frac{1}{2}$ cup flour. Stir slowly into milk to keep smooth. Cook and stir 10 minutes. Separate 3 eggs; beat yolks light. Add to mixture. Cook and stir 3 minutes. Remove from heat. Beat in 3 tablespoons Crisco and 2 teaspoons vanilla. Cool. Fold in 3 stiffly beaten egg whites. Spread this filling between chocolate pastry layers and over top, too. Sprinkle with $\frac{3}{4}$ cup shredded coconut. Brown lightly in broiler. Chill.



CHRISTMAS GREETINGS *with hearts full of cranberries!*

$\frac{1}{2}$ cup flour	2 tablespoons sugar	$\frac{3}{4}$ cup milk
spoons baking powder	5 tablespoons <i>digestible</i> Crisco	2 cups cranberry
spoon salt	1 egg, beaten	sauce or jelly

y ingredients. Cut in Crisco coarse- combine beaten egg and milk. Add to mixture. Roll out on lightly board. Cut into rounds with Put 2 tablespoons cranberry jelly round. Moisten edges; fold, crimp edges together with a fork. Bake in hot oven (450° F.) 15 minutes. Serve hot with—

Cranberry Sauce: Mix 2 tablespoons cornstarch with $\frac{1}{4}$ cup sugar and $\frac{1}{2}$ teaspoon salt. Dissolve $\frac{3}{4}$ cup cranberry sauce (or jelly) in 1 cup hot water. Slowly add mixed ingredients, stirring to keep smooth. Cook 2 minutes. Add 1 tablespoon lemon juice. Serve hot.



DATE DELIGHT *a moist pudding, rich in dates!*

$\frac{1}{4}$ cup Crisco	2 cups dates, cut fine	$\frac{1}{2}$ teaspoon salt
$\frac{3}{4}$ cup sugar	1 teaspoon ginger	2 teaspoons baking powder
2 eggs	$\frac{3}{4}$ cup milk	$\frac{1}{2}$ teaspoon soda
3 cups soft bread crumbs	$\frac{1}{4}$ cup flour	$\frac{1}{2}$ teaspoon cinnamon

Cream Crisco (so fluffy and *digestible*!) with sugar and egg at once. Beat until fluffy. Add $\frac{1}{4}$ of bread crumbs, then dates. Add rest of bread crumbs and milk alternately. Sift dry ingredients. Add to mixture. Beat one minute. Pour into Criscoed tube mold. Bake in moderate oven (325° F.) about one hour. Then

serve warm with Fluffy Sauce. **Fluffy Sauce:** Mix 1 cup powdered sugar, $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ teaspoon ginger. Add 2 tablespoons at a time to $\frac{1}{4}$ cup Crisco, beating to make fluffy. Then add 2 tablespoons lemon juice. This sauce is delicious, if you add $\frac{1}{4}$ cup chopped walnuts.

Digestible NOODLES IN BARBECUE

practically a whole meal in itself!

NOODLES:	
1 package noodles	$1\frac{1}{2}$ cups stock or water
1 cup dry bread crumbs	$\frac{1}{2}$ teaspoon salt
6 tablespoons Crisco	$\frac{1}{2}$ teaspoon pepper
MEAT BARBECUE:	few grains cayenne
1 small onion, chopped	$\frac{1}{4}$ cup currant jelly
$\frac{1}{4}$ bay leaf	1 tablespoon lemon juice
4 tablespoons Crisco	1 tablespoon chopped pimiento
4 tablespoons flour	slices of left-over roast

Fried Noodles: Cook noodles in boiling salted water until tender. Drain—pour cold water over to prevent sticking. Melt Crisco in frying pan. (Always fry with Crisco, the wholesome vegetable fat.) Add crumbs. Stir; fry to crispy brown. Add noodles and warm. Mix thoroughly. Serve hot with—
Meat Barbecue: Brown onion, bay leaf in wholesome Crisco. Add flour. Blend smoothly. Slowly add liquid. Stir. When sauce thickens add seasonings. Strain. Return to heat. Add currant jelly, lemon juice, pimiento. Add small slices of cold roast.



Individual Ramekin of Egg Italiane

1 Tablespoonful of cream
1 Tablespoonful of grated hard cheese
1 Egg
Salt and paprika
Finely minced parsley
Cream

Into an individual ramekin or custard cup put the cream and grated cheese. Break the egg carefully into the dish and sprinkle with salt and paprika and the finely minced parsley. Add enough cream to cover, the exact amount depending on the dish, and bake in a moderate oven—350 degrees Fahr. until the egg is set. About fifteen to eighteen minutes.

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INTRIGUING LUNCHEON ENTRÉES

By Marie L. Casteen



Spread griddlecakes with cheese filling, roll up, and bake

NOW is the time when we begin to think about hot luncheon dishes again. September days are warm, but there is something in the long afternoon shadows and cool evenings that reminds us of brisk fall days to come. Almost overnight we lose interest in the light, refreshing, summer-time luncheons and begin to long for one of last year's piping-hot entrée specialties.

The flavor and appeal of entrée dishes come with good cooking, careful seasoning, and correct choice of food combinations. The choice of color in foods and of the many ways in which food can be served gives any woman an opportunity to show her family that she is artistic as well as practical.

The recipes in this article will make satisfying meals in themselves. Plan to serve with them a small crisp green salad, a cabbage slaw, or a tart relish.

Baked Lamb Chops

- | | |
|-----------------------------------|-------------------------|
| 6 Lamb Chops, Cut
1 Inch Thick | 3 Cups Sliced Cucumbers |
| 1 Cup Sliced Onions | 2 Teaspoons Salt |
| 3 Teaspoons Shortening | ¼ Teaspoon Pepper |
| 4 Cups Sliced Potatoes | 2 Cups Canned Tomatoes |

SAUTÉ the lamb chops on both sides, and when brown place in the bottom of a greased baking pan or casserole. Pour the drippings over the chops. Sauté the onions in the shortening until soft, and mix them with the potatoes and cucumbers. Season with the salt and pepper. Cover the lamb chops with the vegetables and pour the canned tomatoes over them. Place the cover on the casserole and bake for 2 hours in a hot oven (400 degrees F.).

Barquette of Chicken and New Peas

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|------------------------|----------------------------|
| 2 Cups Milk | ½ Teaspoon Pepper |
| 3 Teaspoons Shortening | 1 Cup Cooked Diced Chicken |
| 3 Teaspoons Flour | 1 Cup Canned Peas |
| 1 Teaspoon Salt | 1 Egg White |
| | 6 Hard French Rolls |

MAKE a cream sauce of the first 5 ingredients; when thoroughly cooked mix half with the chicken and peas. With a sharp knife cut a thin slice off the tops of the rolls and remove the soft centers. Fill with the creamed chicken and peas. Beat the egg white and fold into the remaining cream sauce. Pour a tablespoon of this sauce on top of the creamed mixture in the rolls. Replace the tops. Spread the remaining sauce over the rolls and bake in a moderate oven (350 degrees F.) for 15 or 20 minutes. The sauce forms a glaze, and

makes the crust of the rolls soft enough to be eaten easily with a fork. Six servings.

Carrot and Mushroom Loaf

- | | |
|-------------------------|------------------------------|
| 1 Cup Milk | ½ Teaspoon Salt |
| 3 Teaspoons Shortening | 1 Cup Cooked Diced Carrots |
| 3 Teaspoons Flour | ½ Cup Cooked Diced Mushrooms |
| ¼ Teaspoon White Pepper | 4 Eggs |

Thin Slices of Cooked Carrots, Cut Lengthwise

MAKE a cream sauce of the first 5 ingredients; cool slightly before adding the well-drained diced carrots and mushrooms. Beat the eggs and fold into the mixture. Turn into a greased bread pan, which has first been lined with the long slices of the carrots. Set the pan in hot water and bake in a moderate oven (325 degrees F.) until firm. Serve immediately with mushroom and celery sauce.

Mushroom and Celery Sauce

- | | |
|----------------------------|---------------------------|
| 2 Teaspoons Shortening | ½ Teaspoon Salt |
| 3 Teaspoons Chopped Onions | ¼ Teaspoon Celery Salt |
| 1 Cup Sliced Mushrooms | ½ Teaspoon White Pepper |
| 2 Teaspoons Flour | 1 Cup Finely Diced Celery |
| 1 Cup Milk | ½ Cup Light Cream |

SAUTÉ the onions in the shortening, add the mushrooms, and cook for a few minutes. Add the flour and stir until well browned. Add the milk and seasonings and then the celery and cream. Cook for 10 minutes.

Baked Griddlecakes

- | | |
|---------------------------|----------------------------|
| 1 Pint Griddlecake Batter | ½ Teaspoon Cinnamon |
| ¼ Pound Cottage Cheese | ½ Teaspoon Sugar |
| ¼ Teaspoon Salt | 1 Teaspoon Milk |
| | 1 Egg, Well Beaten |
| | ½ Cup Honey or Maple Sirup |

MAKE the griddlecakes about 4 inches in diameter. Cover and keep them in a warm place until ready to use. Blend the seasonings with the cottage cheese and add the milk and egg. Spread the griddlecakes with 1 rounded teaspoon of the cheese, and fold or roll the cakes over the cheese, pressing the edges of the cakes securely together. Line the cakes in a greased baking pan; pour over the top of each the maple sirup or honey. Bake in a moderate oven (350 degrees F.) for 15 minutes. Fried apples or sautéed pineapple slices make a delicious accompaniment for this entrée.

Baked Spaghetti and Corn

- | | |
|-----------------------------|---------------------------------|
| ¼ Pound Uncooked Spaghetti | 1 Cup Milk |
| 1 No. 2 Can Corn | ¼ Teaspoon Shortening |
| ¼ Cup Chopped Green Pepper | ½ Teaspoon Flour |
| 2 Teaspoons Chopped Pimento | 2 Teaspoons Salt |
| ¼ Pound American Cheese | ¼ Teaspoon Pepper |
| | 1 Teaspoon Worcestershire Sauce |
| | 1 Teaspoon Grated Onion |

COOK the spaghetti in boiling salted water until done; place in a strainer and wash with cold water and drain. Make a cream sauce of the last 7 ingredients. When thoroughly cooked remove from the direct flame and add half the cheese, cut in small pieces. Stir until well blended. Pour this cheese sauce over the spaghetti, mixed with the corn, pimento, and green pepper. Add more seasoning if necessary. Pour into a greased baking dish and cover the top with the remaining cheese, sliced thin. Bake in a moderate oven (350 degrees F.) for 15 or 20 minutes, or until the cheese is melted and golden brown in color. Eight servings.

Bacon, Noodles, and Eggs

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|-------------------------------|-------------------------|
| ¼ Pound Package Broad Noodles | 2 Teaspoons Milk |
| ¼ Pound Sliced Bacon | ½ Teaspoon Salt |
| 2 Eggs | ¼ Teaspoon White Pepper |

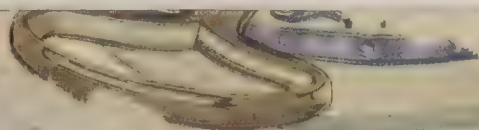
COOK the noodles in boiling salted water until tender, place in a strainer, wash with cold water, and drain. Cut the bacon into ½-inch pieces and fry slowly. When the bacon is crisp pour off most of the fat, add the seasonings and eggs, beaten with the milk, and the noodles. Scramble together just as you prepare scrambled eggs. Four servings.

Hot Baked Cheese Sandwich

- | | |
|-------------------------|------------------------|
| 12 Slices Bread | 2 Teaspoons Shortening |
| ¼ Pound American Cheese | 2 Teaspoons Flour |
| 3 Eggs | 1 Teaspoon Salt |
| 3 Cups Milk | ¼ Teaspoon Pepper |

TRIM the bread and toast it. Make a cream sauce of the last 5 ingredients, cool slightly, and add the beaten eggs. Lay half the toast in a shallow baking pan with half of the cheese, sliced thin, on top. Pour over this the milk-and-egg mixture and cover with the remaining toast and cheese. Press the toast down into the egg mixture until the edges are submerged, but not the cheese. Set the pan in hot water and bake in a moderate oven (325 degrees F.) until the cheese is melted and the egg mixture set. Six servings.

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Cost MX cwt. Price \$1. cwt.

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Blackberry and Raspberry Jelly

4 Cups Fruit Juice 7 1/2 Cups Sugar
1 Bottle Liquid Fruit Pectin

TO prepare the fruit juice, crush thoroughly or grind about 1 1/2 quarts each of fully ripe blackberries and raspberries. Combine the fruits and place in a jelly cloth or bag. Squeeze out the juice.

Measure the sugar and juice into a large saucepan and mix. Bring to a boil over the hottest fire and at once add the liquid fruit pectin, stirring constantly. Then bring to a full rolling boil, and boil hard for 1/2 minute. Remove from the fire. Skim and pour quickly into clean hot glasses. Seal or paraffin the jelly. Makes about 11 glasses (6 fluid ounces each).

Special Apple Jelly

4 Quarts Apples 1/2 Teaspoon Ground Cloves
2 Cups Water 1/2 Teaspoon Grated Nutmeg
6 Cups Vinegar 2 Slices Lemon
1 Stick Cinnamon Sugar

WASH and slice the apples. Place the vinegar, water, and spices in a saucepan. Bring to a boil, and then add the sliced apples. Cook until the apples are soft. Strain through a jelly cloth or bag. Measure the juice, and for each cupful measure 3/4 cup of sugar and set aside.

Boil the juice for 20 minutes, and then add the measured sugar. Boil until the sirup sheets from the edge of the spoon. Pour into clean hot glasses and seal or paraffin.

Blueberry and Rhubarb Jam

4 Cups Prepared Fruit
7 Cups Sugar
1 Bottle Liquid Fruit Pectin

USE about 1 quart of fully ripe blueberries and 1 pound of rhubarb. To prepare the fruit, crush thoroughly or grind the blueberries. Slice, grind, or chop (do not peel) the rhubarb. Combine the fruits. Measure the sugar into a large kettle. Add the prepared fruit, filling up the last cup with water if necessary. Mix well and bring to a full rolling boil over the hottest fire. Stir constantly before and while boiling. Boil hard for 1 minute. Remove from the fire and stir in the liquid fruit pectin. Skim and pour quickly into clean hot glasses. Seal or paraffin.

Jellied Bouillon

2 Tablespoons Gelatine
1/2 Cup Cold Canned Consommé
3 Cups Boiling Consommé
1/2 Teaspoon Salt
1 Tablespoon Lemon Juice
Dash Tabasco Sauce
1/2 Teaspoon Worcestershire Sauce
2 Tablespoons Minced Watercress

SOAK the gelatine in the cold consommé and dissolve in the boiling consommé. Add the salt, lemon juice, and sauces. Chill until jellied, when ready to serve add the watercress, beat up with a fork, and place in bouillon cups. Garnish with a thin slice of lemon and sprig of parsley. Serves 6.

Jellied Fruit Cup

1 Cup Orange Juice 1/2 Cup Pineapple, Cubed
1 Cup Pineapple Juice 1/2 Cup White Seedless Grapes
1 Package Lemon-flavored Gelatine 1/2 Cup Maraschino Cherries, Chopped
Sprigs of Fresh Mint

HEAT the pineapple juice, add the gelatine and stir until the gelatine is dissolved. Add the orange juice, and pour the mixture into a flat pan. Chill until firm, and cut in tiny cubes. Fill sherbet cups with the gelatine cubes, pineapple, grapes, and cherries. Garnish with the sprigs of fresh mint. Serves 6.

Deviled Eggs in Tomato Aspic

3 Hard-cooked Eggs 1 Tablespoon Gelatine
2 Tablespoons Mayonnaise 1 Cup Cold Water
1/2 Teaspoon Salt 1 1/2 Cups Canned Tomatoes
Dash Paprika and Pepper 1 1/2 Teaspoons Sugar
Dash Worcestershire Sauce 1 Teaspoon Grated Onion

CUT the hard-cooked eggs in half lengthwise and remove the yolks. Blend the yolks with the mayonnaise, salt, pepper, and paprika. Refill the whites. Soak the gelatine in the cold water. Cook the tomatoes and seasonings for 10 minutes and strain off the liquid. Dissolve the gelatine

Lima Bean Salad

COOK 2 quarts of shelled Lima beans in a small amount of boiling, salted water until tender. Drain, if necessary, and reserve the water for soup. Cool the beans, then add French dressing, and let stand for 30 minutes or longer. Arrange in nests of lettuce leaves and serve with cold sliced ham, tongue, or corned beef.

Packaged California Limas may be used instead of fresh.

Cucumber-and-Tongue Sandwiches

1/2 Cup Chopped Cucumber 1 Tablespoon Minced Green Pepper
1/2 Teaspoon Onion Juice 1/2 Cup Minced Cold Boiled Tongue
Mayonnaise

MIX all the ingredients and add enough mayonnaise to moisten. Spread between thin slices of white bread.

Jellied Strawberry Salad

1 Package Strawberry-flavored Gelatine
2 Cups Boiling Water
2 Tablespoons Confectioners' Sugar
2 Cups Strawberries, Quartered and Hulled
1/2 Cup Mayonnaise
1/2 Cup Cream, Whipped

DISSOLVE the gelatine in the boiling water. Chill. Sprinkle the sugar over the strawberries. Fold the mayonnaise into the whipped cream. When the gelatine mixture is slightly thickened, fold it slowly into the mayonnaise and cream mixture until entirely smooth. Fold in the strawberries. Turn into a mold and chill until firm. Unmold and serve on crisp lettuce with lemon-cream mayonnaise. Serves 6.

Asparagus-Mold Salad

1 Package Lemon-flavored Gelatine
1 Cup Boiling Water
1/2 Cup Liquid Drained from Asparagus
3 Tablespoons Vinegar
1/2 Teaspoon Salt
1 Can Asparagus Tips
Mayonnaise

DISSOLVE the gelatine in the boiling water. Add the asparagus liquid, vinegar, and salt. Chill until slightly thickened. Place the asparagus tips around the inside of a large mold or individual molds and fill with the gelatine mixture. Chill until firm, unmold, and garnish with chicory. Serve with the mayonnaise thinned with tomato juice. Serves 6.

Jellied Maple-Nut Pie

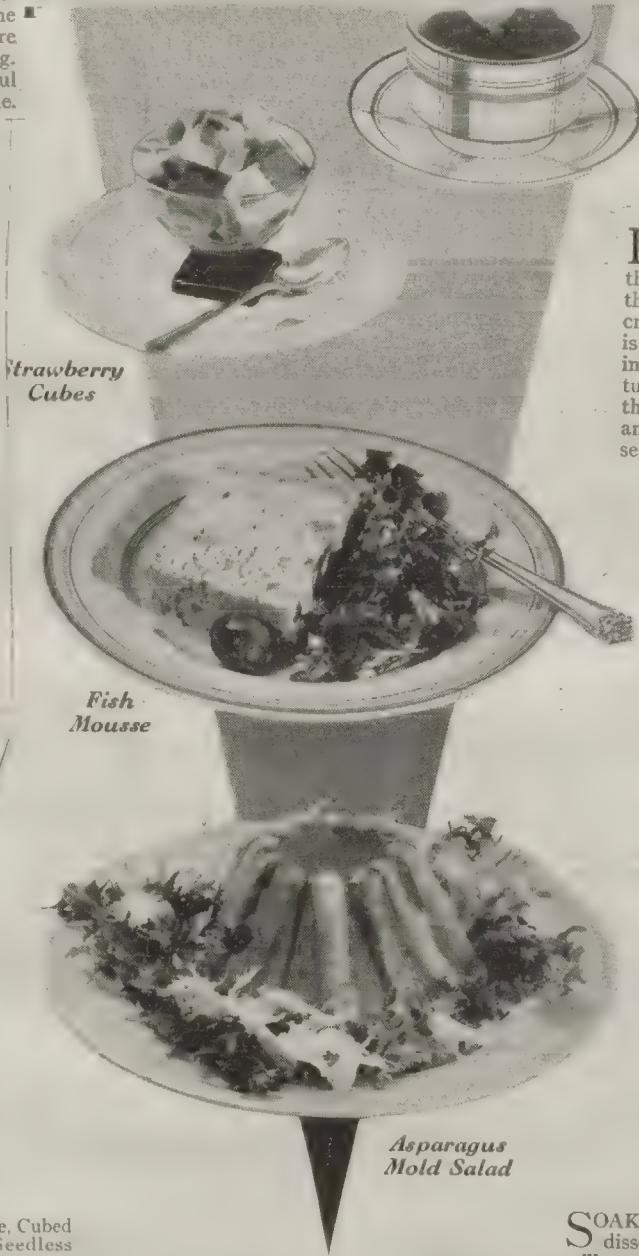
1 Tablespoon Gelatine
2 Tablespoons Cold Water
1/2 Cup Maple Sirup
1/2 Cup Milk
2 Egg Yolks
1 Cup Heavy Cream
1/2 Cup Chopped California Walnuts

SOAK the gelatine in the cold water and dissolve over hot water. Heat the milk and maple sirup together in the top of a double boiler over boiling water. Beat the egg yolks and add slowly to them the hot milk mixture. Return to the double boiler and cook until thickened. Remove from the fire and add the dissolved gelatine. Cool until the mixture begins to thicken, and then fold in the whipped cream and 1/2 cup of the nuts. Pour into a baked pie shell 10 inches in diameter and sprinkle with the remaining nuts.

Strawberry Cubes

1 Package Strawberry-flavored Gelatine
1 Cup Boiling Water
1 Cup Strawberry Pulp and Juice, Sweetened to Taste
1/2 Cup Whipping Cream

DISSOLVE the gelatine in the boiling water and add the strawberry juice and pulp. Chill until the mixture begins to thicken. Remove from the refrigerator and beat with a rotary beater until the consistency of whipped cream. Add the cream, whipped, and pour into the tray of a mechanical refrigerator. Cut in cubes to serve. Alternate if you wish with cubes of plain strawberry-flavored gelatine and top with whipped cream.



Strawberry Cubes

Fish Mousse

Asparagus Mold Salad

in the hot liquid. Cool. Put the deviled eggs in individual molds (1/2 in each). Then pour the tomato-jelly mixture over each. Chill until firm. Unmold on crisp lettuce and serve as an appetizer with additional mayonnaise. Serves 6.

Fish Mousse

1/2 Package Lemon-flavored Gelatine
1 Cup Hot Canned Clam Bouillon
1 Cup Canned Fish Flakes, Cooked
White Fish, or Crab Flake
1 Cup Celery, Chopped Finely
1 Pimento, Chopped
2 Teaspoons Vinegar
1 Tablespoon Horseradish
1/2 Tablespoon Prepared Mustard
1/2 Teaspoon Salt
1/2 Cup Heavy Cream

DISSOLVE the gelatine in the hot clam bouillon. Chill, and when slightly thickened beat with a rotary beater or electric beater until about the consistency of beaten egg whites. Mix the fish, celery, pimento, vinegar, horseradish, salt, and mustard, and add to the gelatine. Fold in the whipped cream. Turn into a square mold and chill until firm. Slice and serve as an entrée. Garnish with watercress or lettuce and stuffed olives.

All sales of merchandise are to be net, at the retail price given on the cards. Receive your pay for each sale in currency, detaching the amount from the accompanying currency. This being a retail business, bills will not be furnished with the sales.

Sell for cash 1/2 ton hay.
for cash 1 ton hay.
for cash 2 tons hay.



JEWEL CUP CAKES

Potato and Cheese Puff

(A GOOD HOUSEKEEPING TESTED RECIPE)

- | | |
|---|--|
| 4 c. leftover seasoned
mashed potatoes | 1/2 c. bottled milk or
1/4 c. evaporated milk
and 1/4 c. water |
| 2 beaten eggs | 1/4 c. soft bread crumbs |
| 1/2 tsp. salt | 2 tbsp. melted butter or
margarine |
| 1/2 tsp. paprika | |
| 1 1/2 c. grated cheese | |

To the mashed potato, add the eggs, salt, pepper, paprika, and grated cheese. Mix well, then add the milk and turn into a greased 1 1/2-qt. baking dish. Combine the crumbs and melted butter, and sprinkle on top of the potatoes. Bake in a moderate oven of 375° F. for 45 min. or until thoroughly heated and golden brown. Serves 6. To serve 2 or 3, make half this recipe. If hot mashed potato is being used, omit the milk called for in the recipe.

Dried Lima and Hamburg Casserole

(A GOOD HOUSEKEEPING TESTED RECIPE)

- | | |
|---------------------------------------|---------------------------------|
| 2 c. dried limas | 1 tsp. dry or prepared mustard |
| 1 lb. chopped chuck or
round steak | 1 No. 2 can tomatoes (2 1/2 c.) |
| 3/4 tsp. salt | 2 tsp. granulated sugar |
| 1/2 tsp. pepper | 1 c. sliced peeled onions |
| | 1 bay leaf |

Cover the limas with cold water and soak overnight. Then drain. Combine the chopped meat, 3/4 tsp. salt, the pepper, and mustard. Mix together the tomatoes, 2 1/4 tsp. salt, sugar, onions, and bay leaf. Arrange the limas, meat, and tomatoes in alternate layers in a 2-qt. covered casserole or a Dutch oven. Bake, covered, in a moderate oven of 350° F. for 3

hrs. Serves 6-8. To serve 2 to 4, make half this recipe.

Scalloped Apples

- | | |
|---------------------------------------|-----------------------------|
| 2 c. bread crumbs | 1/4-1/2 c. granulated sugar |
| 1/2 c. butter or
margarine, melted | 1/2 tsp. nutmeg |
| 6 c. sliced, pared cored
apples | 2 tbsp. lemon juice |
| | Rind 1/2 lemon |
| | 1/2 c. water |

Combine the crumbs and butter; arrange one-third in a greased 1 1/2-qt. pudding dish. Then arrange half of the apples as the next layer and sprinkle with half of the sugar, nutmeg, lemon juice, and rind which have been combined; repeat; cover with remaining crumbs, add the water, and bake, covered, in a moderate oven of 350° F. for 1 1/2 hrs. or until the apples are soft. Serve plain or with cream. Serves 6. To serve 2, make one-third this recipe. Fresh peaches may be substituted for the apples.

Peach Pudding

(A GOOD HOUSEKEEPING TESTED RECIPE)

- | | |
|------------------------------------|--------------------------------|
| 6 peach halves | Peach syrup |
| 6 marshmallows | 1/2 c. heavy cream,
whipped |
| 6 rounds of cake 3" in
diameter | |

Drain the peach halves from the syrup in can. Place one marshmallow in center of each peach. Place under broiler heat until marshmallows are melted. Serve on rounds of plain, sponge, or angel cake; top with some of the peach syrup and unsweetened whipped cream if desired. Serves 6. To serve 2, make one-third this recipe.

TIME-TABLE FOR BROILING

NAME OF CUT	THICKNESS OF CUT	TEMPERATURE OF BROILER	TIME IN BROILER
Beef			
Porterhouse	2 in.	500° F.	37 min.
Sirloin	2 "	"	38 "
Rib	2 "	"	34 "
Club	2 "	"	34 "
Fillet	1 "	"	15 "
Lamb			
Loin or rib chops	3/4 in.	500° F.	10-15 min.
" " "	1 1/2 to 2 in.	"	25-30 "
Shoulder	3 in.	"	10-15 "
English chop	1 1/2 to 2 in.	"	25-30 "
Pork			
Bacon	Slice	350° F.	4 min.
Ham	1 1/4 in.	"	10 "
"	1 1/2 to 3 in.	"	20 "
"	1 in.	"	30 "

1. Lamb chops; mushrooms; tomatoes, stuffed with corn; potato slices, parboiled, and sprinkled with grated cheese.

2. Lamb chops; sausages; bacon; pineapple slices and boiled sweet potato slices which have been dipped in melted shortening.

3. Sweetbreads (these must be parboiled first in boiling, salted water to which 1 tablespoon of vinegar has been added for each quart of water, then plunged into cold water); ham, cut into individual servings; large fresh mushroom caps; thick slices of tomato, dotted with butter.

4. Fillet of beef; mushroom caps; bananas, cut in two crosswise, and wrapped in a slice of bacon.

5. English lamb chops; lamb's kidney split; bacon; sausage; thick slice of tomato, sprinkled with bread crumbs. (This is the famous English grill.)

Adding New Piquancy to Broiled Meat

GOOD broiled steak or lamb chops can stand on their own so far as flavor is concerned, but sometimes a little subtlety can be attained by the addition of this or that seasoning.

A hostess famous for her steak dinners lets the steak lie for an hour or so in a well-seasoned French dressing before broiling. Her guests acknowledge that it does something.

The steak may be rubbed with a cut clove of garlic. The use of a little garlic in meat cookery is a practice not to be overlooked by the culinary artist.

La Bonne Cuisine

AUTRE GALANTINE

Désossez une poule ou une dinde n'ayant bien soin de ne pas abîmer la peau, mais en laissant la chair tenir à la peau.

Hachez un peu de jambon cuit gras et maigre que vous mélangez à du hachis de chair à saucisse, ajoutez quelques truffes ou pelures de truffes, sel, poivre, une pincée des quatre épices.

Mettez ce hachis dans l'intérieur de la bête en alternant avec quelques bandes de lard, et refermez en lui donnant autant que possible sa forme primitive; il est utile de bien recoudre toutes les ouvertures. Pour faire cuire la galantine, vous la mettez dans une daubière avec un pied de porc, un jarret de veau, couenne de lard, un bouquet garni, sel et poivre, un verre de vin blanc et les os de la bête. Laissez cuire quatre ou cinq heures à tout petit feu. Clarifiez le jus comme il a été dit plus haut, passez au linge mouillé et servez-vous de ce jus pour garnir la galantine. On peut faire rôtir la poule ou la dinde et la servir chaude, ou laisser refroidir et servir le lendemain de la cuisson.

OEUF EN GELEE

Prenez un plat creux versez-y de la bonne gelée de viande que vous prenez chez votre charcutière en demandant celle qu'elle emploie pour les foies gras. Mettez cette gelée sur le feu, une fois liquide (évitée l'ébullition) versez-la dans le plat de façon à former une couche que vous laissez prendre en gelée. Coupez de très minces tranches de jambon ou de foie gras, en nombre égal aux oeufs que vous voulez servir; faites pocher six minutes des oeufs frais, ou mieux encore, faites des oeufs mollets, refroidissez-les pour enlever la coquille. Une fois préparé, placez chaque oeuf froid sur une tranche de jambon ou de foie gras, puis recouvrez ces oeufs de gelée liquide et laissez refroidir.

On peut aussi servir ces oeufs isolément, chacun dans une petite écuelle en porcelaine et on les prépare comme c'est indiqué plus haut.

OEUF MARIE-LOUISE

Passez au beurre six croûtons de même dimension, salez légèrement. Faites six oeufs pochés, et après les avoir égouttés, posez-en un sur chaque croûton. Recouvrez ces oeufs d'une bonne sauce blanche un peu épaissie avec de la crème double, et au moment de vous en servir, vous ajoutez hors du feu, une cuillerée de tomate pour lui donner une petite teinte rosée. Versez la sauce par-dessus les oeufs posés sur les croûtons.

Il faut que ce plat soit servi

chaud, et pour cela, il est bon de faire la sauce en premier, et de tenir les croûtons au chaud.

Conseils pratiques

Les oeufs à la coque.—Deux oeufs par convive, c'est la règle. Installez les oeufs les uns à côté des autres dans une large casserole, couvrez-les d'une eau abondante froide, placez-la sur le feu. Quand l'eau bout, les oeufs sont à point. Sortez-les de l'eau et mettez-les dans une serviette pliée ou une enveloppe spéciale pour les servir. Donnez en même temps des tartines de pain de mie du sel fin et du beurre le plus fin et le plus frais, d'une qualité irréprochable.

Filets d'anchois.—Alignez sur un ravier des filets d'anchois et entourez-les d'une triple couronne de jaunes d'oeufs hachés, de blancs d'oeufs hachés et de persil haché. Les filets d'anchois peuvent également être servis enroulés autour d'une olive dénoyautée remplie de beurre ou de jaune d'oeuf.

Pommes de terre au four.—Lavez les pommes de terre, essuyez-les. Piquez-les pour empêcher la peau d'éclater. Mettez-les dans le four chaud. Retournez pour que la chaleur les pénètre partout.

En faisant bouillir 5 minutes à l'eau et plaçant ensuite au four, les pommes de terre sont plus farineuses.

FILETS FRITS DE POISSON

Madame Evelene Spencer fournit la recette suivante pour la préparation du filet frit de poisson: Roulez deux livres de filet de poisson dans de la farine salée; faites chauffer de l'huile à frire dans une poêle et faites frire les filets jusqu'à ce qu'ils aient pris une belle couleur brune. Une fois bien rissolés, déposez-les sur un plat en faïence chaud et saupoudrez-les d'un peu de poivre; faites fondre deux cuillerées à bouche de beurre, ajoutez-y le jus d'un citron et une cuillerée à bouche de persil haché menu; une fois le mélange très chaud, versez-le sur le poisson et servez tout de suite.

CODDLED EGG

Break the egg into a cup, sprinkle with salt, a little pepper and a bit of butter. Place the cup with the egg in it in a boiler with water to surround the cup, and over the top of the boiler now place a cover. Place the boiler over the fire and allow the water to come to a boil, and immediately after it boils remove from the fire.

Allow the lid to remain on vessel for exactly five minutes. The egg will be delicious and digestible.

Serve in the cup in which the egg has been coddled.

FROZEN RASPBERRIES

One quart of raspberries, one pound of sugar, juice of two lemons, one quart of water. Add the sugar and lemon juice to the berries, then mash them with a potato masher; let stand one hour, then add the water, stir until the sugar is dissolved, turn into the freezer, and freeze.

This will serve eight persons.

BANANA CUSTARD

Arrange in cups alternate layers of stale cake and sliced bananas, and pour over boiled custard, made by beating the yolks of three eggs slightly, and adding one-fourth cup of sugar and one-eighth teaspoon salt, then adding two cups of scalded milk, stirring constantly. Cook in double boiler until mixture thickens and coats the spoon. Strain at once, chill and flavor.

COLD TOMATO CATSUP

Peel and chop very fine a half-peck of ripe tomatoes. Drain them in a colander, then turn them into an earthen vessel and add a half-cup of grated horse-radish, one cup of salt, one cup of black and white mustard-seed mixed, two tablespoonfuls of black pepper, two red peppers and two roots of celery chopped fine, two teaspoonfuls of celery-seed, one cup of nasturtiums chopped fine, one cup of brown sugar, two tablespoonfuls of ground cloves, two tablespoonfuls of ground allspice, a teaspoonful of cinnamon, a teaspoonful of mace, and one quart of cider vinegar. Mix all well together, bottle, and seal.

SPICED GRAPES

To seven pounds of grapes allow four pounds of sugar, one pint of vinegar, one tablespoonful each of cinnamon and allspice, and a teaspoonful of cloves—all pulverized. Skin the grapes, rub the pulp through a colander to discard seeds, then add the seedless pulp to the skins, sugar, vinegar and spices. Boil the mixture half an hour; seal while hot in sterilized glass jars.

Knox Dainties

4 level tablespoonfuls Knox Sparkling Gelatine
1 cup cold water Red and green coloring
1½ cups boiling water (paste or liquid)
4 cups sugar ½ teaspoonful peppermint extract
1 teaspoonful cinnamon extract

Soak gelatine in cold water about five minutes. Heat sugar and boiling water to boiling point, add softened gelatine and boil slowly for fifteen minutes. Remove from fire and divide into two equal parts. Color one part a delicate red and flavor it with the extract of cinnamon; color the other part a delicate green and flavor with the extract of peppermint. Pour candy into two loaf pans, which have been rinsed in cold water, and put in a cool place (not a refrigerator) allowing candy to thicken for at least twelve hours. With a wet sharp knife loosen about edges of pan and turn out. Cut into cubes and roll in powdered sugar.

NOTE—If lemon flavor is desired, add three tablespoonfuls lemon juice and two teaspoonfuls lemon extract to one part of the candy and leave it uncolored. Recipe makes about 200 pieces of candy which weighs about 2½ pounds and costs about 34c.

New-Fashioned Christmas Plum Pudding

(6 Servings)

1 level tablespoonful Knox Sparkling Gelatine
½ cup cold water ¼ cup currants
½ pint milk 2 egg whites
¼ square chocolate ½ cup sugar
¼ teaspoonful vanilla ½ cup dates
½ cup seeded raisins Salt ¼ cup nut meats

Soak gelatine in cold water about five minutes. Put milk with fruit in double boiler. When boiling, add chocolate which has been melted with part of the sugar and a little milk added to make a smooth paste. Add soaked gelatine, sugar and salt, remove from fire, and when mixture begins to thicken, add vanilla and nut meats, chopped, and lastly fold in whites of eggs, beaten very stiff. Turn into wet mold decorated with whole nut meats and raisins. Chill. Remove to serving dish and garnish with holly. Serve with whipped cream, sweetened and flavored with vanilla, or with a currant jelly sauce.

C. Scott pays you \$100 in currency on account.



You won't need a dessert. Not with this salad of canned pears, cranberry jelly and cheese. Very smart.



MAY'S HAM CORNETTES

- | | |
|---------------------------|----------------------------|
| 1 cup flour | 1 1/2 cups whole-kernel |
| 2 teaspoons baking powder | canned corn |
| 1/2 teaspoon salt | 1 teaspoon grated onion |
| 2 eggs, beaten | 1 tablespoon melted Crisco |
| 1/2 cup milk | 1/2 teaspoon pepper |
| 1 cup cooked ham, diced | Crisco for deep-frying |

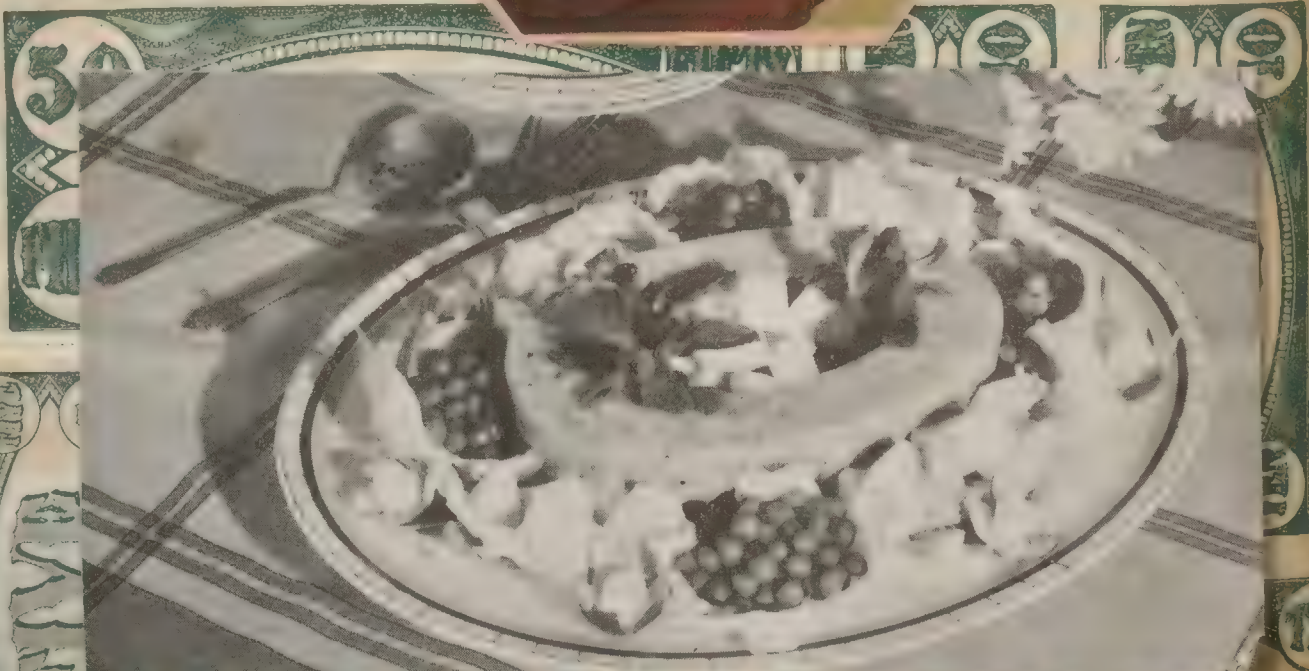
Sift flour, baking powder and salt. Stir in beaten eggs and milk. Add ham, drained corn, onion, melted Crisco, pepper. Mix. Drop by tablespoonfuls into deep hot Crisco (melt enough of this digestible fat to fill deep, flat-bottomed saucepan 2/3 full). The right heat for frying is when Crisco is 365°-370° F., or hot enough to brown small cube of bread in 60 seconds. Cook fritters a rich brown, drain on absorbent paper. Excellent with *Grilled Pineapple*.—Sprinkle each slice of canned, drained pineapple with 1 teaspoon brown sugar and a dab of sweet pure Crisco. Brown in quick oven (425° F.) about 10 minutes.



36 DATE BALLS

- | | |
|--------------------------|-----------------------------|
| 1/4 cup sugar | 1/2 cup milk |
| 1 1/2 cups flour | 2 tablespoons melted Crisco |
| 1/2 teaspoon salt | 1 cup chopped date |
| 1 teaspoon baking powder | Crisco for deep-frying |
| 2 eggs, beaten | |

Sift sugar, flour, salt and baking powder. Beat eggs with milk. Stir in with dry ingredients. Add Crisco. Stir in chopped dates. Melt enough Crisco (the digestible vegetable fat) to fill ordinary deep flat-bottomed saucepan 2/3 full. Heat slowly until 375° F., or to a heat that browns piece of bread in 60 seconds. Drop batter by teaspoons into hot Crisco (a few at a time). Fry until richly brown. Drain on absorbent paper. Notice how crispy and fat-free they are. Roll in powdered or granulated sugar. Strain Crisco and save for other frying purposes—it is the fat that keeps digestible.



HT-JUICE COCKTAIL: Pour into a

SOUTHERN SPANISH CAKE (2 eggs)

ing time—16 minutes Baking time—25 minutes

1 cup sifted Swans Down ¼ cup butter or other shortening
1 cup cake flour 1 cup sugar
2 teaspoons baking powder 2 egg yolks, well beaten
1 teaspoon salt ½ cup milk
1 teaspoon cinnamon 2 egg whites, stiffly beaten

For each cup of flour, measure, add baking powder, salt and cinnamon and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg yolks, and beat well; then add flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Fold in egg whites. Bake in two greased 8-inch square pans in moderate oven (375° F.) 25 minutes. Spread with Moroccc Frosting. Double recipe for three 9-inch layers.

MOROCCO FROSTING

2 egg whites, unbeaten 5 tablespoons cold water
1 cup granulated sugar 1 square Baker's Unsweetened chocolate, melted
1 cup brown sugar, firmly packed 1 cup milk
1 cup cream, stiffly beaten
Beat with rotary egg beater until thoroughly mixed. Pour over rapidly boiling water, beat constantly with rotary beater, and cook 7 minutes, or until frosting will stand in peaks. Remove from fire, fold in chocolate carefully but thoroughly and spread on cake. Makes enough frosting for two 8-inch layers.

(All measurements are level)

CRAB RAREBIT

Cook two tablespoonfuls flour in two tablespoonfuls butter, add slowly one and one-half cupfuls cream and cook over boiling water until thick, stirring constantly. Season with one teaspoonful minced parsley, one-third teaspoon salt and a dash of cayenne; add one and one-half cupfuls chopped cooked crab meat and when well heated stir in one-quarter cupful Parmesan cheese and two teaspoonfuls table sauce and serve immediately on bread toasted on the under side only.

PRUNE DELIGHT

Two dozen sweetened, stewed prunes, one-half cup walnut or almond meats, one cup heavy cream, one-half cup shredded cocoanut, one-half cup maraschino cherries.

Remove stones from the prunes and fill cavities with nuts. Place in tall sherbet glasses and pour two to three tablespoonfuls of prune juice over each. Top each serving with whipped cream, sprinkle with cocoanut and garnish with cherries.

LAMB CROQUETTES

Two tablespoonfuls butter, three tablespoonfuls flour, one cupful milk, one teaspoonful onion juice, salt and pepper, one egg, two cupfuls minced lamb, one-quarter cup mushrooms, eggs and crumbs, paprika.

Make a white sauce with the fat, flour and milk, and add onion juice, a little salt, pepper and paprika. Stir in the beaten egg, cook one minute and remove from the fire. Add to this the minced lamb and the chopped mushrooms. When the mixture is cold, form into small cylinder or pyramid shapes, dip in flour, egg and crumbs and fry in deep fat.

YANKEE DOUGHNUTS

Separate the yolks and whites of three eggs. Beat three tablespoonfuls of sugar into the yolks, add one-fourth teaspoonful of salt, three-fourths cup of melted lard and three-tablespoonfuls of milk. Beat the whites of eggs.

Flavor with one tablespoonful of grated lemon rind. Mix with flour enough to make the proper dough and one teaspoonful of baking powder. Combine with the yolk of eggs mixture and roll out on floured board. Cut, fry in smoking fat. Drain and sprinkle with sugar.

BEET AND CELERY BOUILLON

Put three well washed beets through the food chopper, including the skin. Add half a cupful of celery pulp obtained the same way, and a slice of onion and a quarter of a teaspoonful of pickle spice. Add three cupfuls of cold water and simmer until vegetables are tender. Strain and season and serve.

CHOCOLATE CREAM FILLING

Two squares chocolate, one cup water, three-quarters cup sugar, one-third cup flour, salt, two eggs, two cups scalded milk, one teaspoon vanilla. Cut the chocolate in pieces and place in saucepan with the water.

MAPLE BAKED APPLES

Remove core and stem from apples, but do not cut them in a baking dish, and pour apples allow one-half cupful of maple syrup and two tablespoonfuls of water. Bake in a moderate oven, basting often.

ONION STUFFING

1 pint bread-crumbs, one cup meat, one medium-sized onion, 1 art apple, one-quarter cup celery, two tablespoonfuls butter, salt, pepper. Cut the onion, apple and celery into small pieces. Mix all ingredients together and add just enough milk to moisten.

SWISS STEAK

One-half cup flour, one-half teaspoon salt, teaspoon pepper, two pounds of round beef, one cup boiling water, two tablespoonfuls lard, one cup stewed tomatoes, one-quarter cup chopped green pepper, one small chopped onion.

Cut the meat into small square pieces. Mix the flour, salt and pepper together. Pound the meat with the meat and then brown the onion and meat in the lard. Add the boiling water, tomatoes and green pepper, and cook slowly until the meat is tender. Serve with the stock, which may be thickened with more of the flour mixed to a smooth paste.

CURRIED LOBSTER

Take the meat from a medium sized boiled lobster and cut in small dice. Put into the chafing dish or skillet one rounded tablespoon butter. When hot add one rounded tablespoon minced onion and cook until it reaches the yellow stage, but not a moment longer. Mix one rounded tablespoon flour with one teaspoon (or more, according to taste) of curry powder and stir into the hot butter. Add a cup hot milk or thin cream and stir until it thickens or is smooth and creamy. Add two cups of the diced lobster meat and as soon as thoroughly heated serve on slices of toast.

SNOWBALLS

One-fourth cup of butter, one-half cup of sugar, one-fourth cup of milk, one and one-eighth cups of flour, one and three-fourths teaspoons of baking powder, whites of two eggs.

Cream butter and sugar, add milk and flour and baking powder sifted together, and stiffly beaten whites. Turn into buttered cups and steam forty minutes. This makes six balls. Serve with strawberry sauce.

COCOANUT BARS

Put three cups of granulated sugar, half a cup of water, and a quarter teaspoon of cream of tartar in a saucepan over the fire and cook until a little when dropped into cold water. Remove the kettle from the fire and, as soon as the mixture begins to cool, stir and beat it hard, scraping the sugar from the sides of the saucepan. It will granulate a little and have a creamy appearance. Have ready half a good-sized cocoanut, grated, and while the candy is still soft enough to stir beat the cocoanut into it, mixing it thoroughly. Pour at once into your greased pans and cut into long, narrow strips. Wrap in waxed paper.

BAKED CHEESE OMELET

One cup milk, two tablespoonfuls cornmeal, one-half teaspoon salt, one-half cup grated cheese, two eggs. Scald the milk in double boiler, add the salt and cornmeal. Stir until thick, then cook for thirty minutes, add the cheese and stir until melted. Add to the beaten yolks of eggs. Fold in the stiffly beaten egg whites. Pour into a greased baking dish and



Digestible GOLDEN GLORY

a new egg scramble—and filling, too

¾ cup bread cubes ½ teaspoon salt
4 tablespoons Crisco ¾ cup finely grated carrots
6 eggs 1 tablespoon minced parsley
6 tablespoonfuls milk or water

Melt Crisco in large frying pan. Add bread cubes, cut ½ inch square. Fry briskly, stirring constantly, until cubes are crispy and brown (this is the digestible way to fry, because Crisco is a quicker-digesting fat!). Remove cubes. Beat eggs slightly. Add milk, salt, carrots and parsley. Stir in browned bread cubes. Melt 1 additional tablespoon Crisco in same frying pan. Pour in mixture. Cook slowly until firm. Stir occasionally to prevent sticking. This makes a hearty dinner dish when served with creamed vegetables or fish.



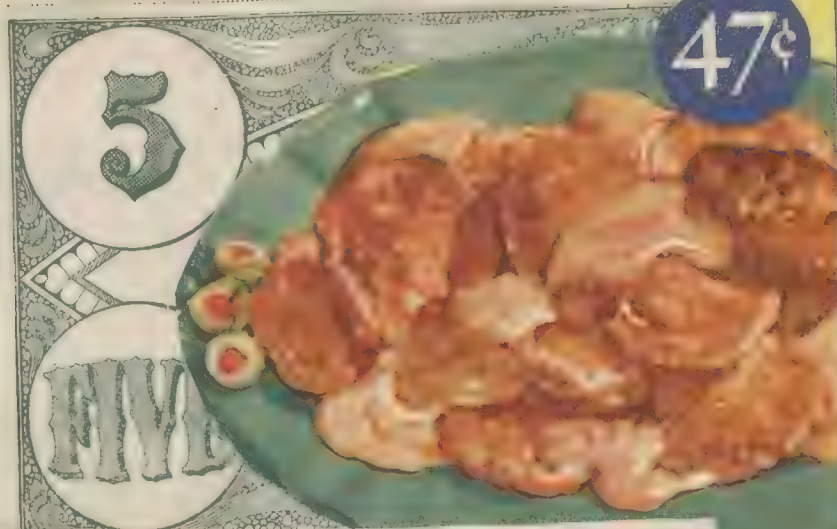
Apricot-Pistache Salad

(A GOOD HOUSEKEEPING TESTED RECIPE)

2 3-oz. pkg. cream cheese 18 canned apricot halves
1 tbsp. cream or top milk Lettuce
½ c. finely chopped pistachio nutmeats ½ c. French dressing
1 tbsp. bottled lime juice

Mash the cream cheese with the cream until smooth; add the pistachio nutmeats—and salt, if necessary. Form this mixture into 18 balls ¼" in diameter. Arrange 3 apricot halves, rounded side down, on each of six individual beds of crisp lettuce (romaine, escarole, or chicory may be used). Place a cheese ball in the center of each apricot half, and serve with the French dressing mixed with the lime juice. Serves 6.

Now don't you feel encouraged? You're going to have a lot of fun entertaining, I know—and we'll wager that your guests will hint delicately that they'd like to come again.



Digestible POLISH CUTLETS

a new, thrifty way with real!

- | | |
|-------------------------------------|---------------------------------------|
| 1 1/2 lbs. veal (shank or shoulder) | 1/2 teaspoon paprika |
| 1/2 cup melted Crisco | 1/2 teaspoon nutmeg |
| 1/2 teaspoon lemon juice | 1 egg beaten with 2 tablespoons water |
| 1/2 teaspoon salt | fine dry bread crumbs |
| 1/2 teaspoon pepper | 6 tablespoons Crisco for frying |

Trim veal of waste. Chop coarsely, then pass through grinder. Add melted Crisco (the sweet-tasting fat), lemon juice and seasonings. Shape into about 10 thin patties. Coat with crumbs. Dip into egg mixture. Roll again in crumbs. Melt Crisco in hot skillet. Fry on both sides to rich brown. (Crisco gives you fried foods that digest quicker!) Drain on absorbent paper. Serve with—

Piquant Sauce: To Crisco left in the skillet (about 2 tablespoons) stir in 2 tablespoons flour. Slowly add 1 cup milk or stock. Stir to keep smooth. Add 1/2 teaspoon salt, 1/2 teaspoon pepper, 1/2 teaspoon nutmeg. When sauce thickens add 1 teaspoon lemon juice.

o bu. corn.
oo bu. corn.

WHETHER or not you observe Lent, you'll find these recipes particularly useful just now. We've divided them into three groups—fish, eggs, cheese: pretty familiar foods but we've discovered something new to say about them. Here's salmon in a rich tamale pie; the humble kidney bean conjured into a light-as-air soufflé; an egg tucked into a bed of cheese and rice, and sardines . . . well, *there* is a perfectly scrumptious novelty.

TAMALE SALMON PIE

- | | |
|--------------------------|---------------------------------|
| 2/3 cup yellow corn meal | 1 teaspoon salt |
| 3 cups boiling water | 1/2 pound mushrooms |
| | 1 can tomato soup |
| | 1 cup grated cheese |
| | 1 pound canned or cooked salmon |

Sprinkle the corn meal in the boiling, salted water and cook, stirring constantly, until thick. Cover and cook over boiling water 10 minutes. Cool slightly. Brown mushrooms in a little fat, add tomato soup, cheese and flaked salmon. Season to taste with salt and pepper. Line a greased casserole with corn meal mush. Pour in fish mixture. Cover top with remaining corn meal mush. Bake in moderate oven (350° F.) about 30 minutes.

TUNA EN COQUILLE

(Top Illustration)

- | | |
|-------------------------|-----------------------------|
| 4 tablespoons fat | Few grains pepper |
| 6 tablespoons flour | 2 cups milk |
| 3/4 teaspoon salt | 2 1/2 cups canned tuna fish |
| 1 teaspoon curry powder | 1 cup soft crumbs, buttered |

Heat fat, add flour, salt, pepper and curry powder. Add milk gradually and cook over hot water, stirring constantly, until thick. Add fish, broken in pieces. Fill scallop shells 2/3 full of the mixture. Cover with buttered soft crumbs. Bake in a hot oven (400° F.) about 10 minutes or until crumbs are a delicate brown. (Scallop shells cost about ten cents each and can be used over and over.)

CORN AND FISH CHOWDER

- | | |
|----------------------|---------------------------------------|
| 1 onion, chopped | 1 No. 2 can or 2 1/2 cups corn |
| 2 tablespoons fat | 1 can or 1 cup tomato soup |
| 1 large potato | 1 cup canned or cooked codfish flakes |
| 1 cup diced celery | |
| 2 3/4 cups water | |
| 1 1/2 teaspoons salt | |
| Dash pepper | |

Cook onion in the fat until a delicate brown. Add potato (cut in small cubes), celery, water, salt and pepper, and cook 10 to 15 minutes. Add corn, tomato soup, fish flakes; heat thoroughly. Garnish with croutons.

ITALIAN SARDINES

- | | |
|------------------------------------|---------------------------------------|
| 1 onion, chopped | 2 teaspoons baking powder |
| 1/4 cup chopped green pepper | 1/4 teaspoon salt |
| 2 tablespoons fat | 2 tablespoons shortening |
| 1 No. 2 can or 2 1/2 cups tomatoes | Milk (about 2/3 cup) |
| Few grains pepper | 1 cup sardines, skinless and boneless |
| 1/4 teaspoon salt | |
| 2 teaspoons sugar | |
| 1 cup flour | |

Cook onion and green pepper in fat until a delicate brown. Add tomatoes,

pepper, salt and sugar. Cook 10 minutes to evaporate the excess liquid. Cool. Mix flour, baking powder and salt together. Cut in the shortening with knives or rub in with the finger tips. Add enough milk to make a soft dough. Pat out dough to 1/2 inch thickness on a baking sheet. Cover with chopped sardines and the tomato mixture. Bake in a hot oven (400° F.) 25 to 30 minutes. Serve hot with Parmesan cheese.

RICE AND EGG RAMEKINS

(Center Illustration)

- | | |
|---------------------|-----------------------|
| 2 tablespoons fat | 1 cup milk |
| 2 tablespoons flour | 1/2 cup grated cheese |
| 1/4 teaspoon salt | |
| Few grains pepper | 2 cups boiled rice |
| | 6 eggs |

Heat fat, add flour, salt and pepper. Add milk slowly; cook over hot water, stirring constantly, until thick. Add cheese and stir until melted. Add rice; mix well. Put a spoonful of the rice mixture in individual baking dishes. Make a well in the center of the rice and drop in an egg. Bake in a moderate oven (325° F.) about 15 minutes or until the egg is set. Serve immediately.

CODFISH OMELET

- | | |
|--|-------------------|
| 1 1/3 cups canned or cooked codfish flakes | 4 egg yolks |
| | 1 teaspoon salt |
| | Few grains pepper |
| | 1 egg whites |

Beat egg yolks, add codfish flakes, salt and pepper. Mix well. Fold in the stiffly beaten egg whites. Pour into a hot greased frying pan. Cook over low heat until set and browned on the bottom. Put in a moderate oven (350° F.) for a few minutes to dry out the top. Fold omelet and serve immediately.

KIDNEY BEAN CHEESE SOUFFLE

- | | |
|--------------------------------------|-----------------------|
| 2 cups canned or cooked kidney beans | 1 cup grated cheese |
| Few grains cayenne | 2 tablespoons ketchup |
| | 4 egg yolks |
| | 4 egg whites |
| | 1 teaspoon salt |

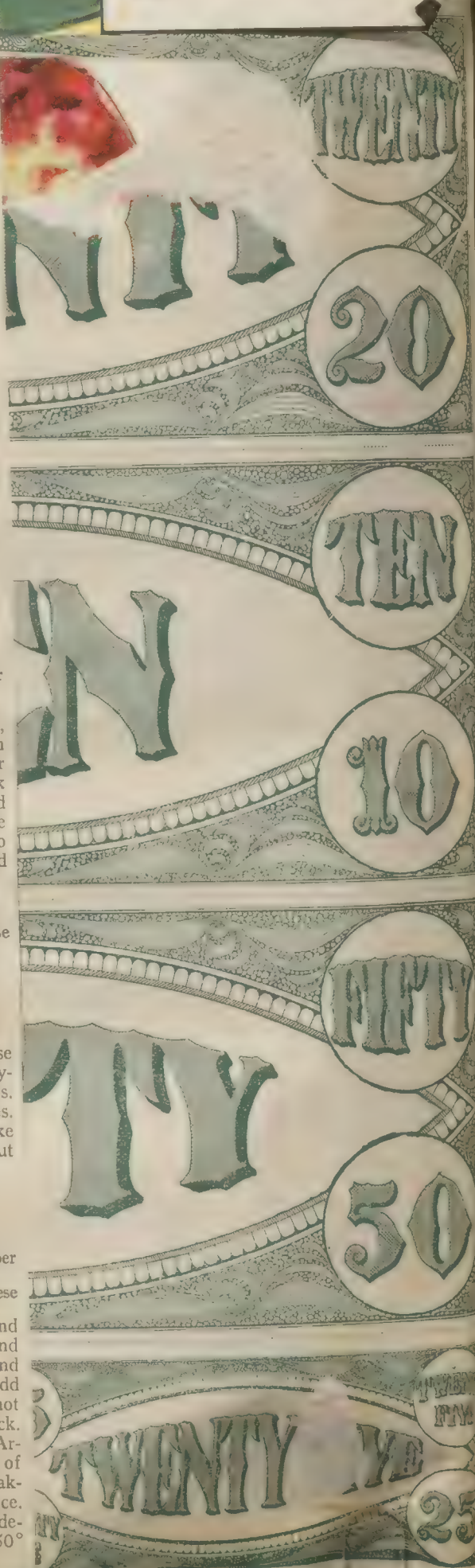
Press kidney beans through a coarse sieve. Add grated cheese, salt, cayenne, ketchup and beaten egg yolks. Fold in the stiffly beaten egg whites. Pour into a greased baking dish; bake in a moderate oven (325° F.) about 1 hour or until set.

ASPARAGUS AU GRATIN

(Bottom Illustration)

- | | |
|----------------------|---------------------|
| 1 can asparagus tips | 1/2 teaspoon salt |
| 3 tablespoons fat | Few grains pepper |
| 1 tablespoon flour | Milk |
| | 1 cup grated cheese |

Drain liquid from asparagus tips and save. Heat fat, add flour, salt and pepper. Measure asparagus liquid and add enough milk to make 2 cups. Add to the fat and flour; cook over hot water, stirring constantly, until thick. Add cheese; stir until melted. Arrange asparagus tips in the bottom of a greased casserole or individual baking dishes; pour over the cheese sauce. Sprinkle with buttered crumbs, if desired. Bake in a moderate oven (350° F.) about 20 minutes.



Baked Eggplant

- | | |
|-------------------------|-----------------------------|
| 1 Eggplant, Medium Size | ¼ Cup Green Pepper, Chopped |
| Salt and Pepper | 2 Eggs |
| 3 Tablespoons Butter | 2 Cups Bread, Cut in Cubes |
| 1 Cup Chopped Celery | ½ Cup Buttered Crumbs |

SLICE the eggplant, peel, cover with boiling water, and cook until soft. Drain, mash with a fork, add salt and pepper to taste, and the butter. Mix together the celery and green pepper, and sauté in the melted butter for 5 minutes. Add to the bread cubes and well-beaten eggs. Season with salt and pepper to taste. Grease a casserole 7 inches in diameter and 3 inches deep. Fill the casserole with alternate layers of the mashed eggplant and the celery-and-crumbs mixture. Cover with the buttered crumbs and bake in a moderate oven (350 degrees F.) for 20 to 25 minutes. Eggplant cooked in this way is delicious and offers a change from the usual method of serving.

Spinach Ring with Mushrooms

- | | |
|--------------------------------|---------------------------|
| 2 Cups Cooked Spinach, Chopped | 3 Cups Medium White Sauce |
| 1 Teaspoon Onion Juice | 2 Eggs |
| Dash Paprika | ¼ Cup Bread Crumbs |
| 1 Teaspoon Salt | 1 Cup Mushrooms, Small |
| ¼ Teaspoon Pepper | 2 Hard-cooked Eggs |
| 2 Tablespoons Melted Butter | Pimento Strips |

ADD the onion juice, paprika, salt, pepper, and melted butter to the chopped spinach. Add 1 cup of the white sauce to this mixture and the well-beaten eggs. Grease a ring mold and dust with the crumbs. Pour the spinach mixture into the mold. Place the mold in a pan of hot water and bake the mixture at 350 degrees F. for about 30 minutes or until firm. Unmold onto a chop dish. Add the remaining 2 cups of white sauce to the mushrooms, which have been sautéed in butter until tender.

CHEESE

There's a cheese for every occasion and an occasion for every cheese.

Cheese-and-fruit is an elegance to be desired.

Experiment how you will, but cold, black olives stuffed with a mixture of cream and mayonaisse and effort cheese are good to the last grape.

Cream cheese inclosed in a well-drained bread breakfast fig rings the bell for the cheese-and-fruit addict.

Salad is twice the salad it started out to be with cheese partners it. And crackers.

Welsh rabbit is so called because it is neither fish nor rabbit. Use good honest American cheese in your rabbit. Melt it slowly and don't overcook. Beware of strings.

Cheese sauce requires plenty of cheese. Let the seasoning include a suspicion of mustard.

Have a crisp salad ready to go with your cheese soufflé. Then your lunch is a perfect lunch. With coffee, of course.

Don't serve cheese too cold. Slightly warmed, the best cheese develops fragrance and flavor.



SOUP

SOUP should be garnished, as well as other things. Grated cheese is a soup garnish. No onion soup is worth a wink without it.

Croutons (little cubes of dry toast) are not so unusual as they might be. But they are an old soup stand-by.

Lemon, cut in dandified slices, makes a cup of clam broth or bouillon just a new experience.

Little pets of avocado, cut out with vegetable cutters, are, in a soup plate, a fandango of a garnish.

And noodles are too well known in a soup to rate more than a reminder here.

Fruit is the garnish to end all garnishes for meat and fish dishes. And lemon, orange and pineapple are foremost in the field.

Sour, red cherries, drained from their juice, give class to a tuna-fish salad. Sounds strange, but try it.

Garnish in contrast and go as far as you like. But see that your garnishes keep their place.

Fill the center of the mold with the creamed mushrooms. Garnish with slices of egg and the strips of pimento. This amount serves 6.

Scalloped Spinach

- | | |
|--|--------------------------|
| 2 Cups Drained Cooked Spinach, Chopped | 1 Cup Medium White Sauce |
| 1 Teaspoon Lemon Juice | Few Drops Tabasco Sauce |
| 2 Tablespoons Onion Juice | 1 Cup Grated Cheese |
| | ¼ Cup Buttered Crumbs |

ADD the lemon and onion juices to the spinach and season with salt and pepper to taste. Add the Tabasco sauce to the white sauce. Fill a greased baking dish, 7 inches in diameter and 3 inches deep, with alternate layers of the spinach, white sauce, and grated cheese. Cover with the buttered crumbs and bake for 20 to 25 minutes in a moderate oven (350 degrees F.). Spinach served in this way makes a delicious luncheon dish. Hot buttered rolls and a light dessert complete the menu. Serves 4 generously.

Stuffed Eggplant

- | | |
|-----------------------------|---------------------------|
| 1 Eggplant, Medium Size | 1 Cup Bread, Cut in Cubes |
| 1 Teaspoon Onion Juice | ¼ Cup Grated Cheese |
| 1 Egg | Salt and Pepper |
| 2 Tablespoons Melted Butter | Pimento Strips |

CUT off the top of the eggplant, scoop out the inside, and cook the hull and pulp separately until tender. Mix the cooked pulp with the onion juice, melted butter, beaten egg, bread cubes, and cheese. Season with the salt and pepper to taste. Stuff the cooked hull with the mixture and bake in a moderate oven (350 degrees F.) for 30 to 35 minutes. When done garnish with the strips of pimento and serve. This makes 4 generous servings.

Pan-Fried Eggplant

PEEL and slice 1 eggplant. Sprinkle the slices with salt and pepper. Dip in flour or cracker crumbs. Spread both sides lightly with mayonnaise. Place in an ungreased frying pan over a medium flame. Cook until tender, turning often to brown evenly. Serve hot.

Baked Macaroni and Fresh Tomatoes

- | |
|---------------------------------------|
| 1 Cup Macaroni, Broken in Inch Pieces |
| 4 Tablespoons Shortening |
| 3 Tablespoons Flour |
| 2 Cups Milk |
| 1 Teaspoon Salt |
| ½ Teaspoon White Pepper |
| 3 Teaspoons Worcestershire Sauce |
| ½ Cup Mayonnaise |
| 3 Medium Tomatoes |
| Buttered Bread Crumbs |

COOK the macaroni in boiling salted water until tender. Drain and rinse with cold water. Make a white sauce in a double boiler, using the shortening, flour, milk, salt, and pepper. Remove from the fire and slowly add the Worcestershire sauce and mayonnaise, stirring constantly. Arrange alternate layers of the macaroni and peeled

sliced tomatoes in a greased casserole. Cover with the white sauce and place the buttered bread crumbs on top. Bake in moderate oven (325 degrees F.) until brown.

Cabbage in Casserole

- | | |
|--------------------------|---|
| 2 Tablespoons Shortening | Dash Pepper |
| 2 Tablespoons Flour | ¼ Cup Mayonnaise |
| 1 Cup Milk | 2 Cups Cooked Cabbage, Drained and Finely Chopped |
| ½ Teaspoon Salt | Buttered Bread Crumbs |

MAKE a white sauce in a double boiler, using the shortening, flour, milk, salt, and pepper. Remove from the fire and slowly add the mayonnaise, stirring constantly. Place the cabbage in a greased casserole. Cover with the white sauce and place the buttered bread crumbs on top. Bake in a moderate oven (325 degrees F.) for about 15 minutes, or until brown. Serves 8.

MAGIC CARAMEL PECAN LOAF

Cream ½ cup shortening. Slowly add 1 ¼ cups sugar, beating in well. Add 3 unbeaten eggs, one at a time, beating well after each. Add 1 teaspoon vanilla. Sift together 2 ¼ cups pastry flour (or 2 cups bread flour), 2 ½ teaspoons Magic Baking Powder and ¼ teaspoon salt. Add this to first mixture alternately with ¾ cup milk.

Bake in greased loaf pan in moderate oven at 350° F. 40 minutes only. Cool. Cover with Caramel Frosting. Garnish with pecan nut meats. Makes 1 large loaf.

Caramel Frosting

Boil 2 cups light brown sugar, ½ cup thin cream, ½ teaspoon vanilla, ½ teaspoon salt to 238° F. If no thermometer on hand, let mixture come to boil, and boil steadily for 30 min.; drop a little into cold water, and if it forms a soft ball, remove from fire.

Let stand without stirring until cold. Beat, adding 1 tablespoon cream or more (a teaspoonful at a time), until light in color and a soft consistency to spread.

Fresh Peach Shortcake

- $\frac{3}{4}$ Cup Sweetened Condensed Milk
2 Tablespoons Lemon Juice
 $\frac{1}{4}$ Teaspoon Salt
- Few Drops Almond Extract
2 Cups Fresh Peaches, Crushed
Shortcakes

TO THE sweetened condensed milk add the lemon juice, salt, and almond extract, and stir until the mixture thickens. Fold in the crushed peaches. Pour between the shortcakes and on top. Serve with cream.

Shortcake

- 2 Cups Flour
4 Teaspoons Baking Powder
2 Teaspoons Sugar
- $\frac{1}{4}$ Cup Shortening
 $\frac{3}{4}$ Cup Milk
 $\frac{1}{2}$ Teaspoon Salt

SIFT the dry ingredients together. Cut in the shortening and add the milk gradually until the dough is soft enough to handle. Toss on a floured board and roll to $\frac{1}{2}$ -inch thickness. Cut with a biscuit cutter. Brush half the biscuits with butter, and cover the buttered ones with the other half, which are unbuttered. Bake at 425 degrees F.

Shrimp Mousse

- 2 Tablespoons Shortening
2 Tablespoons Flour
1 $\frac{1}{4}$ Cups Milk
1 $\frac{1}{4}$ Teaspoons Salt
 $\frac{1}{2}$ Teaspoon Worcestershire Sauce
Few Drops Tabasco Sauce
 $\frac{1}{4}$ Teaspoon Mustard
1 Egg
- 1 Tablespoon Gelatine
 $\frac{1}{4}$ Cup Cold Water
 $\frac{3}{4}$ Cup Chopped Shrimps
 $\frac{1}{2}$ Cup Chopped Celery
 $\frac{1}{2}$ Cup Chopped Raw Carrots
2 Tablespoons Chopped Pickle
2 Tablespoons Vinegar

MELT the shortening in the top of a double boiler over boiling water. Stir in the flour, salt, Worcestershire sauce, Tabasco sauce, and mustard. When thoroughly blended add the milk, stirring constantly. Cook until the mixture thickens. Add the egg yolk, slightly beaten, and cook for 2 minutes longer. Soak the gelatine in the cold water and dissolve over boiling water. Add the gelatine to the sauce and then add the shrimps, vegetables, and vinegar. Fold in the stiffly beaten egg white and pour into the tray of the automatic refrigerator or into a mold to chill. When ready to serve unmold and garnish with olives and water cress.

Raspberry Ice Cream

- $\frac{3}{4}$ Cup Sweetened Condensed Milk
 $\frac{1}{2}$ Cup Water
- $\frac{1}{4}$ Cup Confectioners' Sugar
1 Cup Whipping Cream
1 Cup Raspberries

BLEND the sweetened condensed milk and water thoroughly. Add the raspberries, which have been crushed and mixed with the sugar. Average raspberries require about $\frac{1}{4}$ cup of sugar, but more or less may be needed. Chill. Whip the cream to a custard-like consistency and fold into the chilled mixture. Pour into the freezing pan and place in the freezing unit. After the mixture has frozen to a stiff mush (1 to 2 hours) remove from the refrigerator. Scrape the mixture from the sides and bottom of the pan and beat for 2 minutes. Smooth out and replace in the freezing unit for 1 hour, or until frozen for serving.

Supper in Russian

t in slices or shape in patties. quickly on both sides in a little oil. Serve on toasted bread with or tartar sauce. Pass the or chili sauce too.

Superb Apricot Salad

W hat apricots, both canned and dried, are famed for their to build up the blood stream, it is much at the front. But apricot salad had no food value, ever, most of us would be unresist the charm of its flavors den hue. Canned whole peeled make a lovely salad, but of canned apricots or stewed uit may be used. As the des-luncheon, few salads rival this

reen peppers, add to the meat. Then add the sauer-rout, paprika and one pint of the sour cream. Cook for $\frac{1}{2}$ hours. Just before serving add the second pint of our cream and heat thoroughly.

If preceded by appetizers and accompanied by hard oils or by *piroshki*, and coffee, Russian goulash will be complete meal in itself. Another recommendation hat appeals to the clever hostess is that the dish may e made ready in advance. In fact, it may be kept a y or two in the automatic refrigerator and warmed thoroughly with the second pint of cream just before it to be served.

Piroshki

- 2 cups cake flour
 $\frac{1}{2}$ pint sour cream
2 tablespoons sweet butter
- 2 eggs
1 teaspoon salt

Mix ingredients well and roll very thin. Cut with a cookie cutter or cut in rectangles 3 by 6 inches. Fill with the following mixture:

- $\frac{1}{4}$ pounds cabbage chopped very fine
2 teaspoons salt
- $\frac{1}{4}$ pound sweet butter
2 hard-cooked eggs chopped fine

Mix cabbage with salt and let stand 10 minutes. Rinse in boiling water, drain. Put in pot with butter and steam until tender, stirring constantly to prevent burning. When thoroughly cooked cool and add hard-cooked eggs chopped fine. Fill pastry circles with mixture, pinching the edges of two circles together, or place mixture in center of rectangles and roll like a jelly roll. Bake.

Frozen Almond Cream

- $\frac{3}{4}$ Cup Sweetened Condensed Milk
 $\frac{1}{2}$ Cup Water
1 $\frac{1}{2}$ Teaspoons Almond Extract
1 Cup Whipping Cream
 $\frac{1}{4}$ Cup Finely Shredded Almonds

MIX the sweetened condensed milk, water, and almond extract thoroughly. Chill. Whip the cream to a custard-like consistency and fold into the chilled mixture. Fold in the finely shredded almonds. Pour into the freezing pan. Place in the freezing unit. After the mixture has frozen to a stiff mush (1 to 2 hours) remove from the refrigerator. Scrape the mixture well from the sides and bottom of the pan. Beat for 2 minutes. Replace in the freezing unit for 1 hour, or until frozen for serving. Serves 6.

Peach Mousse

- 1 Tablespoon Gelatine
Juice 1 Lemon
1 $\frac{1}{2}$ Cups Peach Pulp
- 2 Tablespoons Boiling Water
3 Teaspoons Sugar
2 Cups Whipped Cream
2 Tablespoons Cold Water

SOFTEN the gelatine in the cold water and dissolve in the boiling water. Add the lemon juice, peach pulp, and sugar. Chill in the automatic refrigerator, and then fold in the cream, which has been beaten until of a custard-like consistency. Pour into the tray of the automatic refrigerator or into individual molds and allow to chill until set. Serves 6.

Prune Ice Cream

- $\frac{3}{4}$ Cup Sweetened Condensed Milk
2 Cups Water
- $\frac{1}{4}$ Teaspoon Lemon Extract
1 Cup Whipping Cream
 $\frac{1}{4}$ Pound Prunes

COOK the prunes in the water until tender. Do not sweeten. Force through a coarse sieve. (This will make approximately $\frac{1}{2}$ cup of pulp and $\frac{1}{2}$ cup of juice.) Blend together the sweetened condensed milk, prune pulp with juice, and lemon extract. Chill. Whip the cream to a custard-like consistency and fold into the chilled mixture. Pour the mixture into the freezing pan and place in the freezing unit. After the mixture has frozen to a stiff mush (1 to 2 hours) remove from the refrigerator. Scrape the mixture from the sides and bottom of the pan and beat for 2 minutes. Smooth out and replace in the freezing unit for 1 hour, or until frozen for serving. (Two to 5 hours, total freezing time.) Serves 6.

Prune Cream

- 1 $\frac{1}{4}$ Cups Sweetened Condensed Milk
3 Tablespoons Lemon Juice
- $\frac{3}{4}$ Cup Prune Juice
1 $\frac{1}{4}$ Cups Prune Pulp

THE prunes should be prepared ahead of time. Soak and cook them in the usual way, but use no sugar. Pit and force the prunes through a strainer. Into the sweetened condensed milk stir the lemon juice, and continue stirring until the mixture thickens. Add the prune juice and pulp, mixing thoroughly. Heap into sherbet glasses and set aside in the refrigerator to chill. Sherbet glasses may be lined with lady fingers if

Selianka

- 1 fish weighing about 2 pounds
1 large onion
Soup greens (carrots, parsley, celery)
- 1 green pepper
5 mushrooms
 $\frac{1}{2}$ can tomato juice
1 tablespoon butter
1 tablespoon flour

Cut fish in large pieces and boil in water with soup greens and bay leaves until fish falls from bones. Lift out fish, continue to boil vegetables until cooked. Strain stock. Cut up about one third of the fish in very small pieces (the remaining fish may be used next day). Put fish and strained stock together. Add chopped green pepper, cut-up mushrooms and tomato juice. Brown butter and flour together and add to the soup.

Blini

- 1 $\frac{1}{4}$ yeast cakes
4 cups warm milk
2 $\frac{1}{4}$ cups pastry flour
1 teaspoon melted sweet butter
- 2 eggs
1 teaspoon sugar
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ cup cream

DISSOLVE yeast in a little warm milk, mix remaining milk with flour. Add melted butter. Beat yolks of eggs with sugar and combine with flour and milk mixture. Fold in beaten whites of eggs, salt and add cream last. Allow mixture to rise 10 minutes before cooking. Cook on a hot griddle.

Serve very hot with melted butter, then a layer of sour cream. Pass with the blini hard-cooked eggs chopped fine, smoked herring or other smoked fish, and caviar. Serve with hot tea in tall glasses. Fresh fruit or a compote of dried mixed fruit follows as dessert.

Sell for cash 200 lbs. ground feed.
Sell for cash 565 lbs. ground feed.

- can whole
apricots or
ips stewed
or canned
ts
nd cream

- $\frac{1}{4}$ teaspoon cinna-
mon
2 table spoons
chopped ginger
Head of lettuce
French dressing

the chilled apricots, reserving
up. [CONTINUED ON PAGE 67]

SOUR CREAM DRESSING

Whip until very thick (not stiff), three-quarters of a cup of sour cream and add half a teaspoon each of salt and powdered sugar, one-quarter of a teaspoon each of grated horseradish and paprika and two tablespoons of vinegar. Serve with cabbage or tomato salad.

ALMOND SOUP

One-half pound almonds, six bitter almonds, one small onion, three tablespoons butter, salt, paprika, one cup cream, three tablespoons cornstarch, three pints chicken or veal broth.

Blanch almonds, put through a meat chopper and grind until coarse like coarse meal. Melt butter, add cornstarch, add one cup chicken broth and make a very smooth sauce. Then add the almonds to the remaining soup, cook for a few minutes, add seasoning of salt and paprika and one cup of cream. Serve in bouillon cups with a whipped cream rose on top of a small round cracker, in each cup.

FAIRY GINGERBREAD

One-half cup of butter, one cupful of light brown sugar, one-half cup of milk, one and seven-eighths cupful of bread flour and two teaspoonfuls of ginger.

Cream the butter, add sugar, then the milk very slowly. Mix and sift flour and ginger and add to the first mixture. Spread very thinly with a broad, long bladed knife on a buttered inverted dripping pan. Bake in a moderate oven. Cut in squares before removing from pan. Turn frequently during baking, so it will be evenly cooked. If the edge of the pan is cooked before the center remove from the oven, cut the cooked part off and return remainder to the oven to finish cooking.

MOULDED SPINACH

Wash, pick over, and cook one peck spinach. Drain very thoroughly and chop finely. Season with one-third cup butter and three-fourths teaspoon salt and reheat. Press into a buttered border mould and keep in a warm place until serving time. Remove to hot platter and fill center with seasoned, small boiled beets. Pour around one and one-half cups white sauce and surround with four hard boiled eggs, cut in slices, lengthwise.

PEACH CREAM PIE

One and a half cups peach pulp, one tablespoon cornstarch, one cup thin cream, two eggs, separated, one-half cup sugar, one teaspoon vanilla extract, two tablespoons lemon juice, pie crust.

In the upper pan of a double boiler mix cornstarch and cream, and cook over hot water until thick. Mix yolk of eggs with sugar; add peach pulp, vanilla and lemon juice. Pour slowly into the cream and cook five minutes. Line a pie plate with hot water pie crust, fill with the mixture and bake. Cover with a meringue made of the whites of the eggs and two tablespoonfuls of sugar. Brown lightly and serve.

CANDLESTICK SALAD

Cut in half crosswise three bananas and roll in lemon juice to prevent discoloration. Fit each banana half into the hole of a slice of pineapple, decorating the top with a cherry in imitation of a candle flame. Cut a green pepper in thin strips and place a curved strip at the side of the banana candle to represent the handle of the candlestick. Arrange on shredded lettuce or watercress and serve on individual plates with French dressing.

SOAP AND "SPOTS"

Soiled spots on clothing, such as serges, etc., may be easily removed by using a stiff brush or old tooth brush, dipped in cold suds made with Ivory soap. We all know Ivory soap to be very fine for the fabrics, as it will not change color of surface so treated.

Broadcloth to be made over will take on the appearance of new cloth if washed gently in lukewarm Ivory soap water. Rinse and hang on line dripping wet. Press by placing wet cloth over wrong side. Do not press dry, but when all creases have disappeared hang on clothes dryer until completely dried.

PINEAPPLE CELERY

Wash and scrape large stalks of well blanched celery. Take one cake of cream cheese, and mix with a cupful of well-drained crushed pineapple and a half cupful of chopped English walnuts.

SOAP BARK CLEANSSES WOOLENS

Use soap bark for cleaning woolen goods. Soak ten cents' worth over night in a pail of warm (not hot) water. In the morning strain and add two-thirds of it to the water in which the goods are to be washed, and if very much soiled, a teaspoonful of ammonia. Pour the rest of the water in which the soap bark has soaked into the rinsing water, wring the goods well and hang out of doors, where they will dry rapidly. When nearly dry, iron on the wrong side. The soap bark not only cleanses but gives a little body to the materials as well.

Cheese Salmon Loaf.

One can of cooked salmon, three teaspoons of milk, one and a half cups of grated cheese, 1 tablespoon of melted butter, one egg, half a teaspoon of salt. Flake the fish and add grated cheese, beaten egg, butter, pepper, salt and enough bread-crumbs to stiffen mixture. Mix well. Form into loaf in greased baking pan. Bake in moderate oven for about thirty minutes. Here you have a dish that can be garnished and attractively served. Instead of throwing away lemon peel, save it. Use it on your hands to remove the red spots. It softens them.

Corn Bread.

A fish-day variation from white bread is corn-bread. If properly baked this is an appetizer that will appeal even to the most finicky. One and a half cup of cornmeal, one and a half cup of flour, one and a half cup of milk, half a teaspoon of salt, two tablespoons of sugar, two tablespoons of baking powder, two tablespoons of melted butter. Beat well and pour into a well greased pan, and bake in a hot oven about twenty minutes. With sour milk use soda; with sweet milk use baking powder, or soda and cream of tartar.

Bran Muffins.

One cup of flour, three-quarters of a teaspoon of salt, two cups of bran, three and a half teaspoons of baking powder, three tablespoons of sugar, two tablespoons of melted fat, one and a half cup of sweet milk, one egg. Sift together the flour, salt and baking powder, blending with bran and then adding to these the mixture of milk, beaten egg, sugar and fat. Have a thick but very moist batter. Bake in greased pans, muffin pans, in a moderate oven about half an hour. Handle batter and dough mixtures as little as possible. Rolling and too much mixing tends to toughen the finished product.

Lima Bean Loaf

- 1 cup dry lima beans
- 1 onion
- 1 carrot
- 1 cup dried bread crumbs
- ¼ teaspoon mustard
- ½ teaspoon paprika
- 1 egg, beaten
- 2 tablespoons melted bacon fat
- 1 cup boiling water or warm milk

Soak lima beans overnight and cook with diced onion and carrot in boiling water until tender. Drain and put all vegetables through chopper. Add seasonings, bacon fat, egg and liquid (tomato juice may be used in place of water). Arrange in layers in a well buttered pan with finely shredded pimiento and green pepper. Bake in moderate oven (350 degrees F.) for thirty minutes and serve with a brown sauce. This serves 4.

Bean and Cheese Roast

- ¾ cup dry kidney beans, soaked overnight
- Bread crumbs
- ½ pound grated cheese
- Seasoning

Cook beans in soaking water until tender. Mash the beans or put them through a meat grinder. Add the cheese and sufficient bread crumbs to make the mixture stiff enough to be formed into a roll. Bake in a moderate oven (350 degrees F.) basting occasionally with butter and hot water. Serve with tomato sauce. Chopped onions cooked a few minutes in butter may be added to this roll.

SCALLOPED APPLES WITH CUSTARD SAUCE

Five cored and pared apples, three-fourths cup sugar, two tablespoons butter, two eggs, one teaspoon cinnamon, one-half teaspoon salt, two cups fine bread-crumbs.

Boil the apples to a pulp, adding the sugar. Into them stir butter, beaten eggs, cinnamon and salt. Grease a baking dish, and place in it a layer of crumbs, a layer of apple sauce, and continue until the fruit is used. Cover with crumbs, baking in a moderate oven. Serve with the scalloped apples the following custard sauce:

One-fourth cup sugar, one tablespoon cornstarch, one egg yolk, one whole egg, two cups milk, salt, one-half teaspoon vanilla.

Pour hot milk into sugar, cornstarch and egg, mixed together. Cook the mixture in a double boiler until thick. Cool. Add salt and vanilla. Should the custard sauce curdle, beat with a rotary egg beater. Cover the dish containing the sauce with a cloth while waiting to serve. This will prevent a film from forming over the top.

ECLAIRS OF NUTS

Place in a saucepan one cupful of boiling water, add half a cup of butter and stir over the fire until the mixture boils, add one-eighth of a teaspoon of salt, and one cupful of flour. Stir until smooth, remove from the fire, add four raw eggs, one by one, beating each one into the mixture before adding the next. Drop from a spoon on a well oiled sheet, about an inch and a half apart. Bake twenty-five minutes in a moderate oven. When cool, slit the side of each and fill with a cream-chocolate filling to which nuts and vanilla have been added. Then dip each little cake in melted sweet chocolate. The cream filling is composed of a square of grated chocolate added to two-thirds of a cup of cream and thickened by a tablespoonful of cornstarch and an egg mixed in a little milk. This mixture is cooked for several minutes, and half a cup of chopped nuts is added.

GLAZED CARROTS

One or two bunches carrots, three tablespoons butter, three tablespoons sugar, salt. Scrape and cook the carrots until just tender. Slice and cook with the butter and the sugar three to four minutes until the sugar is melted.

Ba India Puffs
Bu 18 salted crackers
Cash Boo Ice water
En 1/4 teaspoon paprika
invoice. 3/4 teaspoon curry powder
retail pri 1/2 teaspoon salt
 3 tablespoons melted butter

M

Soak the crackers in ice water; if flaky, 8 minutes; if firm, soak 10 minutes. Drain on paper towels. Place on greased pans, using a flexible pancake turner. Brush with remaining mixed ingredients. Bake 10 minutes in hot oven (450 degrees F.), then reduce heat to moderate (350 degrees F.). Bake 20 minutes or until light brown and crisp. To vary, use a sprinkling of cheese, nuts or caraway seeds. This makes 18 puffs.

Curry of Pork Mexican

- 8 pork chops
- 2 tablespoons butter
- 2 tablespoons flour
- 2 tablespoons curry powder
- 1/2 teaspoon salt
- 2 cups rich milk
- 1/2 cup canned apricots
- 1/2 pound mushrooms
- 1/2 cup canned tomato pulp
- 1/2 cup seeded raisins
- 2 tablespoons sherry.

Sear chops in hot skillet until a golden brown and remove to a baking dish. Drain fat from skillet, then add butter. When melted, blend thoroughly with flour, curry powder and salt. Gradually blend in part of the milk to make a smooth paste, then stir in the remainder. Mash the apricots, slice the mushrooms and combine with the sauce. Add the tomato pulp and the raisins, which have been soaked in the sherry. Pour sauce over the chops and bake in a moderate oven (350 degrees F.) for one hour. Four pork tenderloins split lengthwise may be used.

No.

Cheese Souffle

- 1 1/2 cups milk
- 1 cup molasses cooky crumbs
- 1 teaspoon butter
- 1/2 pound American cheese, grated
- 4 eggs
- 1/2 teaspoon salt
- 1/2 teaspoon paprika
- Few grains cayenne pepper

Scald the milk, cookies and butter in a double boiler. Add the cheese and stir until the cheese has melted. Slowly pour the hot mixture into beaten egg yolks and seasonings. Fold in egg whites beaten until stiff but not dry. Pour into a greased baking dish. Set dish in a pan of hot water, bake in a slow oven (300 degrees F.) for about an hour or until the souffle is firm in the center. Serve immediately. This makes 8 servings.

Tomato and Cracker Patties

- 1 cup stewed tomatoes
 - 1 cup salty cracker crumbs
 - 1 egg
 - Salt and pepper
- Combine tomatoes and crumbs rolled not too fine; add slightly beaten egg. Season to

taste. Form into patties and drop by spoonfuls into hot fat. Brown on both sides. Serve with meat or as a meat substitute. This makes about 15 medium-sized patties.

Pork and Clam Pie

- 12 (one pint) chowder clams
- 3 large potatoes
- 2 large onions
- 2 cups cooked, diced pork
- Salt and pepper to taste
- Pastry
- 2 tablespoons butter.

Out clams into small pieces. Pare and slice the potatoes and onions. Cook until almost tender, using clam liquor in the water. Drain, add the pork and season to taste. Line a pie plate or individual molds with pastry. Fill with mixture, dot with butter and cover with a top crust. Bake in a hot oven (450 degrees F.) for ten minutes, then reduce heat to moderate (350 degrees F.) for twenty minutes. This makes six servings.

Butter Wafers

- 1 1/2 cups sifted flour
 - 1/4 teaspoon salt
 - 1/2 cup butter or other shortening
 - 2/3 cup sugar
 - 2 eggs
 - 1/2 cup grape-nuts
- Sift flour once, measure, add salt and sift again. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add about 1-5 of flour. Blend. Add eggs and beat well. Add remaining flour, a small amount at a time. Blend after each addition. Add grape-nuts with last amount of flour and mix until smooth. Drop onto greased baking sheets and bake in moderate oven (350 degrees F.) 10 to 12 minutes. This makes 6 dozen wafers.

Menu No. 3

Savory Meat Loaf

- Escalloped Potatoes and Cheese
- Relishes
- Buttered String Beans
- Hot Muffins
- Coffee

This menu will cost approximately 37 cents a portion, made in quantities for serving 25 persons. It includes an old friend, meat loaf, but in this one the flavor is immeasurably improved by the addition of tomatoes. A small quantity of quick-cooking tapioca serves as a binder in place of egg and bread crumbs, and further serves to take up the moisture of the

Pork Fruit Cake

- 3/4 pound fat salt pork, ground fine
- 1 cup tomato soup
- 1/2 cup wine, grape juice or cider
- 1/4 cup molasses
- 1 glass currant jelly
- 1 teaspoon ground cloves
- 1 teaspoon cinnamon
- 1 cup brown sugar
- 1 cup raisins
- 1/2 cup currants
- 1/2 cup citron
- 1/2 cup candied orange and lemon peel
- 1/2 cup chopped nut meats
- 4 cups flour
- 1 teaspoon soda
- 4 egg yolks.

Combine first 8 ingredients. Mix fruits and nuts with flour and soda; combine the two mixtures, then add beaten egg yolks. Mix well and put in paper-lined tins. Bake in moderate oven (350 degrees F.) for two hours or until cake is nicely browned. This makes two nine-inch deep cakes.

Ginger Turnovers

- 2 cups flour
 - 4 teaspoons baking powder
 - 2 tablespoons sugar
 - 3/4 teaspoon salt
 - 4 tablespoons shortening
 - 1 egg
 - 1/2 cup milk
 - 1 cup crushed pineapple, drained
 - 1/2 cup chopped crystallized ginger.
- Mix and sift together the dry ingredients. Work in the shortening. Add egg and milk and turn onto a slightly floured board. Roll one-fourth inch thick. Cut dough into 2-inch squares. Place in the center of each square one tablespoon pineapple and half teaspoon ginger. Moisten the edges with a little milk, then fold to make a triangle. Place on a greased pan and bake in a hot oven (400 degrees F.) about thirty minutes. This makes about twelve small turnovers.

Smothered Cabbage

- 4 onions
- 2 tablespoons butter
- 1 small cabbage
- Salt and pepper to taste

Slice and fry onions in butter to a light brown, using a heavy stew pan, if possible. Shred cabbage fine and place in the pan. Add seasonings. Cover and set to one side of fire to simmer gently for 45 minutes. Do not add water. Mix well before serving. This makes 4 servings.

tomatoes to make a meat loaf while although deliciously moist, can readily sliced.

Savory Meat Loaf

- 5 ounces fat salt pork
- 1 medium-sized onion, finely chopped
- 5 pounds round beef, ground
- 1 1/2 cups (8 ounces) quick-cook! tapioca
- 5 cups canned tomatoes, strained
- 2 tablespoons salt
- 1/2 teaspoon pepper

Try out salt pork; add onion a saut: until golden brown. Add remaining ingredients and mix thoroughly. Bake in greased loaf pan 8x4x3 inches, in hot oven (450 degree F.) 15 minutes; then decrease heat to moderate (350 degrees F.) and bake 30 minutes longer, or until done. Serve hot with tomato sauce, or serve cold. This makes 2 loaves.

Menu No. 4

- Fried Oysters and Bacon
- Twopenny Salad
- Chantilly Orange Tapioca
- Coffee

This fourth menu can be served to 25 members for approximately 40 cents each.

Chantilly Orange Tapioca

- 1 1/2 cups (8 ounces) quick-cooking tapioca
- 1 1/4 teaspoons salt
- 5 1/2 cups boiling water

- 2 1/4 cups sugar
- 4 cups orange juice
- 1 1/2 tablespoons grated orange rind
- 1 pint cream, whipped

Add tapioca and salt to water, and cook over hot water 1 1/2 to 20 minutes or until tapioca is clear, stirring frequently. Add sugar, orange juice and rind. Cool. Fold in whipped cream. Chill. Pile lightly in sherbet glass and garnish with very fine shreds orange rind, free from all white

Rum Pie

- 1 1/2 cups gingersnap crumbs
- 5 tablespoons melted shortening
- 2 cups scalded milk
- 1 package prepared vanilla dessert powder
- 2 eggs
- 2 squares melted chocolate
- 1 tablespoon gelatin
- 1/4 cup cold water
- 1/2 cup rum
- 1/2 cup whipping cream
- 1 tablespoon powdered sugar
- Chocolate shot

Blend crumbs with melted shortening and line a nine-inch pie pan. Bake in a moderate oven (350 degrees F.) for 10 minutes. Cool.

Combine milk and dessert powder as directed on package. Slowly pour some of it into beaten egg yolks and return to double boiler and cook for 1 minute. Divide in two. Add melted chocolate to half. Sprinkle gelatin on the cold water and dissolve in other part of custard. Beat in the rum and fold in the egg whites beaten stiff but not dry. Pour into pie shell, and when set add the chocolate pudding. Chill well and serve with a topping of whipped cream and decorate with chocolate shot. This makes 6 servings.

Cost..... Price.....

FRICASSEE OF OYSTERS

Scald thirty-six oysters in their own liquor, only until the edges curl; then drain. Prepare a sauce by blending the strained oyster liquor with sufficient thin cream to make two cups; heat and thicken with a white roux made by blending together three tablespoonfuls each of flour and melted butter. Season to taste with salt, celery salt and paprika and stir in one beaten egg and one cupful of grated cheese. Continue to stir until the cheese is melted, add the hot oysters with a teaspoonful of Worcestershire sauce and serve on hot toast slices, sprinkling each portion with chopped parsley.

CRANBERRY PIE

Cook together for three minutes three cups of cranberries, one and one-half cups sugar and one cup of water. Let cool and bake in a deep plate lined with pie paste, with a rim of paste and strips of paste placed in a criss-cross over the filling. Bake until browned in a hot oven.

TO CLEAN THE GIBLETS

Cut the liver away from the gall-bag, being careful not to break it. Cut the heart open, and remove the clotted blood. Cut the outer coat of the gizzard, and draw it off, leaving the inner lining, containing the sand, unbroken. Wash thoroughly, and they are ready to use.

Turkeys, geese, ducks, pigeons, pheasants, and all birds, are cleaned in the same manner.

ROAST DUCK

One sprig parsley, two slices fat salt pork, five slices carrot, one-half onion sliced, two sprigs thyme, one bay leaf, two tablespoons butter, boiling water.

Dress and clean duck and steam for one hour. Stuff and truss. Try out fat salt pork, cut one-quarter inch thick, put in a frying pan. Add carrot, cut in cubes, onion, thyme, parsley, bay leaf and cook ten minutes. Then add butter and brown duck in it. Place duck on

Sausage-Stuffed Prunes

und sausage meat
up minced green peppers
up minced parsley
cups soaked prunes
ard cooked egg.

sausage and break into small pieces, off fat. Mix sausage with green pepper parsley. Stone prunes by slitting on one and removing pit. Fill prunes with the mixture and lay in a greased pan. The top of each with about half a tea- of the sausage fat. Bake in a moderate (350 degrees F.) about fifteen minutes. the yolks and white of egg through er or a sieve and garnish the sausage after removing from the oven. Serve etizers or garnish to roast. This makes twenty-four stuffed prunes.

Sausage in Turnip Custard

2 small potatoes
3 pork sausages
1 large yellow turnip
2 beaten eggs
1 cup whipping cream
Salt and pepper
1 cup grated cheese.

Select potatoes of uniform size and pare, sh and dry. Remove the center portion n an apple-corer. Rub each potato th bacon fat or butter. Fill each cavity

GLACE NUTS

Put in a saucepan two cups of sugar, one of water and one-eighth teaspoon of cream of tartar. Stir until sugar is dissolved, then boil without stirring till syrup begins to discolor. Remove sugar which adheres to sides of pan while boiling as in making fondant. Remove saucepan from fire and place in a pan of cold water to instantly stop boiling. When ready for dipping nuts place saucepan in hot water during dipping. Take nuts separately on a long pin, dip in syrup to cover, and dry on oiled paper. Fruits may be dipped in this same syrup, but this should only be done in cold weather, as they do not keep long.

HARD SAUCE

One tablespoonful boiling water, one-half cup butter, one teaspoonful vanilla, one teaspoonful nutmeg or mace, one cupful sugar. Pour boiling water over butter, stir until creamy, add flavoring, then stir in sugar.

BAKED PUMPKIN

Cut the pumpkin first in halves, then in quarters; remove the seeds, but not the rind. Place in a baking-pan with the rind downwards, and bake in a slow oven until tender when you pierce with a fork. When done, serve in the rind; help it out by spoonfuls as you would mashed potatoes.

CANDIED SWEET POTATOES

Wash but do not peel good sized sweet potatoes. Boil these until soft enough to pierce with a fork. They should not be quite done. Put in cold water and rub off the skins, then slice lengthwise. Butter a baking dish and put in it a layer of sweet potatoes, sprinkle with brown sugar, dot with butter, then cover with peeled bananas split in halves, lengthwise. Sprinkle these with lemon juice, then with sugar and dot with butter. Cover with the sweet potatoes sliced and arranged down center, with split bananas for a border.

Sprinkle all with sugar, lemon juice and dot with butter. Bake in a slow oven until top is browned, basting once or twice with a little melted butter, to which has been added a tablespoonful of water and a teaspoonful lemon juice.

with pork sausages cut in half. Place the potatoes in a shallow baking dish and bake in a moderate oven (350 degrees F.) for thirty minutes, basting once or twice during baking.

Cook and mash the turnip. Add the beaten eggs mixed with the whipped cream. Season to taste with salt and pepper. Pour around the potatoes and sprinkle the grated cheese on top of the turnip. Bake in a moderate oven (350 degrees F.) for another thirty minutes. Serve hot. Individual casseroles with two small potatoes each make an attractive and substantial luncheon dish.



36 SNOWBALLS

crispy doughnut balls—and digestible!

1/4 cup sugar	1 1/2 cups flour
1/4 cup milk	1/2 teaspoon salt
2 eggs, well beaten	1 teaspoon baking powder
2 tablespoons melted Crisco	1/2 teaspoon nutmeg

CRISCO for deep-frying

Add sugar to milk, then eggs and Crisco (the sweet digestible fat). Sift dry ingredients. Combine two mixtures. Drop by teaspoons into Crisco heated to 375° F. or until a piece of bread browns in 60 seconds. (Always deep-fry with Crisco, the digestible fat.) Fry until brown. Do not sugar until cool. Strain Crisco back into a special can. Use it again and again for deep-frying. Crisco keeps digestible!

PINEAPPLE PIE made with flaky digestible CRISCO pastry!

2 tablespoons flour	1/4 cup pineapple juice
1/4 teaspoon salt	1/4 cup orange juice
1/4 cup sugar	1 teaspoon lemon juice
2 egg yolks, beaten light	1 1/4 cups grated pineapple
2 tablespoons Crisco	

Mix flour, salt, sugar. Add to beaten egg yolks. Add fruit juices. Then cook until thick in double boiler. Remove from fire, add pineapple and Crisco (the sweet, fresh and digestible fat). Line pie plate with Digestible Crisco Pastry (see recipe below). Brush with melted Crisco to prevent soaking. Pour in filling. Moisten edges of crust, cover with pastry, crimp edges together. Bake 10 minutes in hot oven (450° F.), then lower to moderate heat (350° F.) and bake 25 minutes longer.

Digestible Crisco Pastry: Sift 2 cups flour and 1 teaspoon salt. Add 1/2 cup of Crisco (the creamy, quick-digesting fat made from vegetable oils)—cut into coarse flakes. Add 6 to 8 tablespoons cold water, using only enough to hold mixture together. Divide in 2 parts. Roll out upper and lower crusts on lightly floured board.

CHOCOLATE PIE

Do make the pie-crust wholesome with CRISCO, the digestible shortening

2 tablespoons flour	2 cups hot milk
1/4 teaspoon salt	2 squares chocolate
1/2 cup sugar	2 eggs, beaten
2 tablespoons cornstarch	1 teaspoon vanilla

Sift flour, salt, sugar and cornstarch. Combine with hot milk and cook until thick. Add chocolate broken into small pieces. Continue cooking until smooth. Stir in eggs. Cook a minute longer. Cool, add vanilla and pour into baked shell of -

Sweet Crisco Pastry: Sift 1 1/2 cups flour, 2 tablespoons powdered sugar, 1/2 teaspoon salt. Work in 1/2 cup Crisco finely (the digestible shortening). Mix 1 egg yolk and 2 tablespoons cold water. Add to above. If necessary, add 1 to 2 additional tablespoons cold water. Roll out lightly. Fit into medium pie-plate. Prick well. Bake in quick oven (425° F.) 12 to 15 minutes. Cool. Pour in filling. Cool. Decorate with 1/4 cup thick cream beaten stiff with 2 tablespoons powdered sugar.

Graham Cracker Torte

2 cups marshmallow whip
1/2 pound dates, chopped
1 cup pecans, chopped
1/2 cup cream
3 cups graham-cracker crumbs
3 squares melted bitter chocolate

Mix the marshmallow whip, the dates and pecans with enough cream to hold the mixture together. Add 2 cups of the graham crackers rolled fine. Shape in a roll, adding more cream if necessary to make mixture of a soft consistency. Then roll in the remaining cup of finely rolled graham crackers and pour melted bitter chocolate over it. Let stand in refrigerator and serve with whipped cream if desired. This makes 12 servings.

French Toasted Sandwich

- 1 large ripe banana
- 1 tablespoon lemon juice
- 8 thin slices Boston brown bread
- 1 egg
- $\frac{1}{4}$ cup milk
- Pinch of salt
- 2 tablespoons butter
- $\frac{1}{4}$ cup grated maple sugar
- Maple syrup.

Mash banana and add lemon juice, mixing well. Cut slices of bread into fancy shapes. Beat egg slightly, add milk and salt. Dip bread slices into this mixture and fry in butter to a golden brown on both sides. Place half of the slices on serving plates. Sprinkle with a tablespoon of grated maple sugar. Spread with banana and lemon mixture. Cover with remaining slices. Garnish, if desired, with strips of banana, rolled in ground nuts. Serve as dessert with maple syrup. This makes 4 servings. Brown bread toasted in the ordinary way can be used with the same fillings for sweet tea sandwiches.

Mushrooms in a sandwich are something new but Ella Brown, 525 Clifton Avenue, Newark, N. J., has an excellent recipe for them, and won the first \$5 prize.

Toasted Mushroom Sandwiches

- 2 cups minced fresh mushrooms
- 6 tablespoons butter, melted
- 1 cup minced beef tongue
- 2 tablespoons prepared mustard
- 10 thin slices bread

Sauté mushrooms in half of the butter for 5 minutes. Remove from heat and add the minced tongue and mustard. Spread on half of the slices of bread and cover with remaining slices. Brush outside of sandwiches with remaining butter, and toast on a hot sandwich grill. This makes 5 full-slice sandwiches. Cut into strips or triangles and serve immediately. These sandwiches make a delicious accompaniment to a crisp raw vegetable salad.

Grilled Ham Sandwich

- 8 slices baked ham, $\frac{1}{4}$ inch thick
- 6 very small oranges
- 4 slices toast
- 3 tablespoons butter

Cut small rounds from ham slices, using a circular cutter. Peel oranges removing all white part and membrane. Slice crosswise into $\frac{1}{4}$ inch slices. Spear rounds of ham and orange alternately onto skewers. Place in broiler, and turn them in order to heat through thoroughly. Arrange on hot buttered toast, cut crosswise into halves. Serve immediately with orange raisin sauce. These sandwiches make attractive late-at-night snacks. In lieu of an open sandwich, lay slices of ham and orange alternately on half of the slices of toast, cover with remaining slices and serve with the sauce.

Apple Griddle Cakes

- 2 cups bread, broken in pieces
- 2 cups hot milk
- 2 eggs
- 1 tablespoon sugar
- 1 cup sifted all-purpose flour
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- 2 tablespoons shortening, melted
- 1 cup chopped ripe apples

Preparation at home:

Soak bread in the milk until soft. Rub to a paste. Separate eggs and beat yolks until light, adding sugar. Mix thoroughly with the first mixture. Mix and sift the dry ingredients and combine with the above mixture, just enough to blend. Stir in the melted shortening, and then the apples. Beat the egg whites until foamy and carefully fold in.

Orange Raisin Sauce

- $\frac{1}{4}$ cup seeded raisins
 - 1 cup water
 - Pinch of salt
 - $\frac{1}{2}$ tablespoon cornstarch
 - $\frac{1}{8}$ cup sugar
 - $1\frac{1}{2}$ tablespoons lemon juice
 - $\frac{1}{8}$ cup orange juice
- Simmer raisins in water until soft. Mix thoroughly together the salt, cornstarch and sugar. Gradually pour the hot raisin mixture into this, while stirring constantly. Return to heat and cook slowly for 15 minutes. Add fruit juices.

Sardines also make a savory filling for a grilled sandwich and we gave a third \$5 prize to Eleanor Day, 435 West 123d Street, New York City, for her

Grilled Sardine Sandwich

- 6 sardines
- $\frac{1}{2}$ tablespoon curry powder
- $\frac{1}{4}$ teaspoon Worcestershire sauce
- Dash of paprika
- 12 rounds bread, buttered
- 2 slices bacon

Mash sardines. Pour a tablespoon of oil from the sardine can into a frying pan. Sprinkle the curry powder into the oil and blend thoroughly. Add Worcestershire sauce and paprika, then mashed sardines and heat over a slow flame for 2 or 3 minutes, stirring constantly. Place 12 rounds of bread in broiler. When toasted to a golden brown remove and spread untoasted side with sardine curry mixture. Cut each bacon slice into 6 pieces and place 1 on each round. Return to broiler and heat until bacon is brown and crisp. Remove and serve immediately. These make attractive open sandwiches suitable for canape service.

There were numerous other delicious reader recipes besides the prize winners and one of them, for a baked bean sandwich, came from Lois E. Trepte, 3458 Chase Avenue, Miami Beach, Fla.

Baked Bean Sandwich

- 2 cups Boston baked beans
- $\frac{1}{2}$ cup chopped nut meats
- $\frac{1}{2}$ cup celery, chopped
- 1 small onion, minced
- $\frac{1}{4}$ cup tomato catsup
- $\frac{1}{2}$ teaspoon salt
- 24 slices buttered toast.

Mash the beans and add remaining ingredients, mixing thoroughly. Spread evenly on half of the slices of buttered toast, cover with remaining slices. This makes 12 full slice sandwiches.

The combination sandwich described by Mrs. Charles H. Jeckel, 626 Lafayette Avenue, Mount Vernon, N. Y., will be pleasing.

Combination Sandwich

- 2 raw carrots
- 3 ounces or 1 small jar dried beef, chopped
- $\frac{1}{2}$ cup walnuts, chopped
- $\frac{1}{4}$ cup mayonnaise
- 16 slices toast

Put carrots through a food chopper. Add dried beef and walnuts. Bind together with mayonnaise. Spread evenly on half of the slices of toast, cover with remaining toast and serve. This make 8 full-slice sandwiches.

The sandwich grill can be used for a delectable sandwich with the peanut brittle and cream cheese filling, suggested by Martha L. Tilton, 19 Summit Avenue, Mount Vernon, N. Y.

Peanut Brittle Sandwich

- $\frac{1}{4}$ pound peanut brittle
- 1 3-ounce package cream cheese
- 1 tablespoon cream
- 12 thin slices bread
- Melted or soft butter

Put peanut brittle through food chopper. Mix thoroughly with cream cheese, and cream. Spread thickly on slices of buttered bread. Toast in broiler or in open coil toaster until a golden brown. If sandwich grill is used, spread butter on outside. The amount of cheese to peanut brittle may be varied to suit the taste. This makes 6 full-slice sandwiches.

Campfire Hamburgers

- 2 pounds chopped raw meat
- 6 onions, chopped
- 1 tablespoon butter
- 1 tablespoon prepared horseradish mustard
- 8 sliced and buttered round rolls

Preparation at home:

Beef, lamb, veal or pork may be used, or a combination of any two. Make round, very thin patties of chopped meat, the same size as the rolls. Sauté onions in butter until a golden brown. Remove from heat, add horseradish mustard. Spread this mixture on the thin meat patty and place another thin patty on top. Press the two well together.

At the campfire:

Broil quickly over glowing coals until very brown on both sides. Slide half roll under each patty and top with another slice of bread. This makes 4 servings.

Charles H. Graves, Hoosac School, Hoosick, N. Y., wins the second prize for a South American recipe. There is the least possible preparation involved in this recipe, and almost the only attention necessary during the cooking process will be to restoke the fire every now and then. It will feed a large number of people, has variety that pleases many tastes, and there will be practically no dishes to clear up after the meal is over.

South American Puchero

- 3 quarts water
- 11 tablespoons salt
- 1 4-pound chicken, disjointed
- 2 pounds beef, cubed
- 2 pounds lamb, cubed
- 1 pound fresh pork, cubed
- 11 onions
- 8 white potatoes
- 11 sweet potatoes
- 1 cabbage
- 3 bunches carrots
- 8 ears of corn
- $\frac{1}{2}$ teaspoon pepper

Place 2 quarts of the water in a large kettle over the campfire. Prepare the meat and vegetables for cooking. When water comes to a rolling boil, add salt, and drop meat in gradually so that boiling does not stop. Allow to simmer for 3 hours, adding remainder of water when necessary. Add the onions and the potatoes; $\frac{1}{2}$ hour later, add the cabbage, carrots and corn on the cob. Continue simmering for another $\frac{1}{2}$ hour. Add pepper and more salt, if desired. Dish up with a skimmer which allows the liquor to drain back into the kettle. This serves 8

Hunter's Delight

- 1 pound dried beef
- 1 cup water or milk
- 1 tablespoon butter
- 1 No. 2½ can tomatoes
- 1 sliced onion
- 1 cup cooked oatmeal
- Salt and pepper to taste
- 1 pound American cheese, cubed
- $\frac{1}{2}$ teaspoon Worcestershire sauce
- 8 large pieces buttered cornbread

Preparation at home:

Soak dried beef in water or milk for 4 or hours, then drain and pack in a jar.

At the campfire:

Put butter into pan over the fire. Add chipped beef and stir until heated through. Add tomatoes and onion, and when boiling hot, add the oatmeal. Season to taste and cook until of the consistency of a smooth sauce. Add the cheese which has been sprinkled with the Worcestershire sauce home before packing. Cook for 1 minute then pour over split buttered cornbread. This makes 8 servings.

PEANUT BUTTER BREAD

Sift two cups flour, one teaspoon salt, three teaspoons baking powder and one-third cup sugar together in a bowl. Add one and one-half cups milk to one-half cup peanut butter and blend well. Add the liquid to the dry ingredients. Beat thoroughly and place in two small greased loaf pans. Bake for about an hour in a moderate oven.

CREAM OF CELERY SOUP

Three cupfuls celery cut in pieces, two cupfuls boiling water, one-half teaspoon salt, two tablespoonfuls flour, two tablespoonfuls fat, one and one-half cups milk, one-eighth teaspoon pepper.

Wash and scrape celery and cut into inch pieces. Add water and cook until very soft and tender. Rub through sieve. Heat all but half a cup in a double boiler. Melt fat, add flour and seasoning and add half a cup of milk. Stir until it thickens. Combine celery, thickened milk and heated milk. Season and serve.

STEWED TRIPE

Cut two pounds of boiled tripe (half honeycomb and half plain) into pieces about one and a half inches long and a half-inch wide. Cut two ounces of ham into dice, and put it in a stewpan, add a slice of onion, a sprig of parsley, and one bay leaf. Stir over the fire until brown, then add one tablespoonful of flour, mix, add one pint of milk. Stir constantly until it boils, then add the tripe, salt and pepper, and let it stand over a very moderate fire for five minutes. Remove the onion, parsley and bay leaf, and it is ready to serve.

BUNS

To one cup of scalded milk add two tablespoonfuls of sugar, two tablespoonfuls of butter and half a teaspoon of salt. When lukewarm add half a yeast cake dissolved in a quarter cup of lukewarm water, a scant teaspoon of cinnamon, one well beaten egg and three cups of flour. Mix thoroughly, then add either a quarter cup of seeded and cut raisins or currants. Let rise about ten hours. Shape into large biscuits, place in pan an inch apart, let rise again, brush over with beaten egg for glazing and bake from twenty to thirty minutes.

SALT-CODFISH WITH CREAM SAUCE

Two cups of picked codfish, one pint of milk, two even tablespoonfuls of flour, one large tablespoonful of butter, yolk of one egg, salt and pepper to taste. Cover the codfish with cold water and let it soak two hours; drain, cover with lukewarm water and stand it on

Snack Pie

1½ cups cheese cracker crumbs
3 tablespoonfuls butter
6 white onions
1 cup medium white sauce
Salt and pepper
1 egg
Juice of ½ lemon

Blend 1 cup of crumbs with butter and line an eight-inch pie plate. Set a refrigerator for at least ½ hour. Peel and slice onions and boil 10 minutes. Heat white sauce until thickened. Season to taste, then slowly beat into beaten egg yolk. Add lemon juice and fold in beaten egg white. Add the well drained onions. Pour into pie shell, sprinkle remaining crumbs on top. Bake in a moderately hot oven (375 degrees F.) for 15 minutes. Serve with beer or coffee. This makes 4 servings.

the back part of the fire, where it will not get scalding hot, for one hour more. Then drain it free from all water. Put the butter in a frying-pan; when melted, add the flour and mix; then add the milk, stir constantly until it boils, add the fish, salt and pepper and stir until hot. Take from the fire, add the yolk of the egg and serve immediately with plain boiled potatoes.

PINEAPPLE BETTY

Mix two cups syrup drained from crushed or grated pineapple and one-half cup granulated tapioca and bring to the boiling point. Boil two minutes, stirring constantly. Cook in a double boiler until tapioca is clear and transparent, or about twenty minutes. Add one-fourth teaspoon salt, one-half cup sugar, two tablespoonfuls lemon juice and one cup of the drained pineapple. Pour into a serving dish, chill and serve with whipped cream or marshmallow cream.

BROILED SEA BASS

Split fish down the back, dry well, sprinkle with salt, pepper and lemon juice. Place fish, flesh side down, on well greased wire broiler. Turn and broil on skin side just enough to crisp the skin. Serve with lemon and parsley.

STUFFED BEEF HEART

Soak a beef heart in water that is warm for a couple of hours. Wipe dry with a cloth. Cut off the lobes and then stuff as follows: Chop together a cupful of bread-crumbs, one-half an onion and a tablespoonful of butter. A tablespoonful of chopped green pepper or catsup may also be added. Season with salt, pepper and celery salt. Sew up and place in a roasting pan with either a lump of butter or suet. Cook slowly for two hours, basting as often as necessary.

NEW ENGLAND MINCEMEAT

Mix together four cupfuls of finely chopped cooked beef or tongue, two cupfuls of minced beef suet, eight cupfuls of chopped, peeled apples, one cupful of brown sugar, two cupfuls of molasses, one glass of tart fruit jelly, one and a half pounds of seeded raisins, one pound of washed currants, salt to taste, half a pound each of shredded citron and lemon peel (candied), one tablespoonful each of ground cinnamon and mace, one teaspoonful each of ground allspice and cloves, a pinch of paprika and one quart of boiled cider. Cook in a preserving kettle slowly for two hours and seal as for canned fruit.

GIBLET GRAVY

Giblets and neck of fowl, two tablespoonfuls chicken fat, two tablespoonfuls flour, salt and pepper.

Place giblets and neck in saucepan, cover with cold water. Simmer slowly and when tender remove meat from the neck, and chop fine with the giblets, saving cooking water. Heat the fat on top of the stove and when hot stir in the flour. Cook two minutes, then add a cup of stock left from cooking the giblets. Pour stock in gradually so as not to thin the gravy too much. If the gravy seems too thick, add a little hot water. Put in last the chopped giblets, and season to taste with salt and pepper.

Stuffed Olive Dressing

(A GOOD HOUSEKEEPING TESTED RECIPE)

1 tsp. salt	2 tbsp. catsup
1 tsp. dry mustard	1 c. salad oil
1 tsp. granulated sugar	1 c. vinegar
1 tsp. paprika	1 3-oz. bottle stuffed olives, sliced
1 tsp. cayenne pepper	

Mix all the dry ingredients and the catsup together. Beat well with a hand beater or an electric beater at high speed, then add the oil one tablespoonful at a time, beating well after each addition. Add vinegar gradually, beating all the while. Add the olives and chill. Makes about 1½ c. dressing. The dressing should be thick, and it will keep this consistency for several hours if the directions for making are carefully followed.

Graham Cracker Doughnuts

2 tablespoonfuls shortening
¾ cup sugar
1 egg, beaten
1½ cups flour
1½ cups graham crackers, rolled fine
1 teaspoon nutmeg
¾ teaspoon salt
4 teaspoonfuls baking powder
¾ cup milk

Cream shortening, add sugar and beaten egg, stir in milk. Mix and sift the dry ingredients and add to creamed mixture alternately with the milk. Roll out on slightly floured board to about ¼ inch thickness. Cut out with a doughnut cutter; fry in deep fat, 370 degrees F., until a golden brown. Drain on unglazed paper and roll in powdered sugar. This makes 2 dozen doughnuts.

Another excellent dessert recipe calls for ladyfinger crumbs. This recipe came from Mrs. T. G. Braunschweiger, 532 Prospect Street, Maplewood, N. J.

Apple Torte

4 eggs
¾ cup sugar
3 apples, grated
1 cup ladyfinger crumbs
Juice of 1 lemon
¼ cup almonds

Beat yolks of eggs until thick and lemon-colored, then beat in the sugar. Add grated apples, crumbs, lemon juice. Lastly fold in the egg whites beaten stiff but not dry. Turn

into spring form, sprinkle with almonds, pressing into the mixture with back of spoon. Bake in moderate oven (350 degrees F.) for 20 minutes. Remove sides of spring form and serve with whipped cream. This makes 8 servings.

Pear and Ginger Salad

1 3-ounce package cream cheese
Rum
¼ cup gingersnap crumbs
1 No. 2 can pears
Crisp lettuce leaves
Finely chopped parsley
French dressing

Moisten cream cheese with a little rum until smooth. Crumble gingersnaps coarsely and fold into the creamed cheese. Shape into balls and fill in the cavities of pear halves. Place on crisp lettuce leaves. Sprinkle generously with finely chopped parsley. Serve with French dressing. This will make 8 small salads or 4 large servings if 2 pear halves are used for each portion.

Ginger Tea Cakes

2 cups gingersnap crumbs
2 tablespoonfuls sugar
¼ teaspoon salt
¼ teaspoon soda
¾ cup sour cream
1 egg, beaten
1 3-ounce package cream cheese

Roll gingersnaps fine and reserve 2½ tablespoonfuls of crumbs. Mix in thoroughly the sugar, salt and soda. Heat

the sour cream and pour over gingersnap mixture. Add beaten egg; blend thoroughly. Bake in greased cup cake pans in a hot oven (425 degrees F.) for 15 minutes. Remove from pans, spread with cream cheese and sprinkle with remaining crumbs. This makes 12 medium-sized cup cakes.

Stuffed Prune Salad

18 Large Prunes
2 Packages (6 Ounces) Cream Cheese

$\frac{1}{4}$ Cup Mayonnaise
 $\frac{1}{4}$ Cup Nut Meats, Finely Chopped

SOAK the prunes overnight in just enough cold water to cover. Drain. Remove the pits and fill the centers with a thoroughly blended mixture of the cream cheese and mayonnaise. Sprinkle the prunes with the nuts, and serve on crisp lettuce with mayonnaise. Serve with this salad cold chicken, celery, angel-food cake, and iced coffee.

Chicken and Vegetable Salad

2 Tablespoons Gelatine
 $\frac{1}{4}$ Cup Cold Water
2 Cups Hot Chicken Soup
2 Hard-cooked Eggs, Sliced
 $\frac{1}{4}$ Cup Stuffed Olives, Sliced

$\frac{3}{4}$ Cup Sliced Chicken
 $\frac{1}{2}$ Cup Cooked Peas
 $\frac{1}{2}$ Cup Cooked Diced Carrots
 $\frac{1}{2}$ Cup Cooked String Beans
1 Cup Mayonnaise

SOAK the gelatine in the cold water and dissolve in the hot soup. Cool. Place the sliced eggs and olives in the bottom of a mold and cover with a thin layer of the gelatine mixture and cool. When firm arrange a layer of the chicken and cover with more of the gelatine mixture. When firm arrange a layer of the vegetables and cover with the remaining gelatine mixture. Chill until firm. Unmold, slice, and serve on crisp lettuce with the mayonnaise. Serves 8.

Fresh Peach and Cheese Salad

2 Packages (6 Ounces) Cream Cheese
3 Tablespoons Nut Meats, Finely Chopped
 $\frac{1}{4}$ Cup Mayonnaise
6 Fresh Peaches, Peeled and Pitted

THOROUGHLY blend the cream cheese, nuts, and mayonnaise and roll into small balls. Slice each peach in about 10 slices—lengthwise. Arrange the slices on crisp lettuce, radiating the sections from the center like petals of a flower. Place 2 or 3 cheese balls in the center of each salad. Serve with fruit-juice mayonnaise. Serves 8.

Frozen Salmon and Rice Loaf

2 Cups Cold Cooked Rice
 $1\frac{1}{2}$ Cups Canned Red Salmon, Drained and Flaked
1 Cup Cooked Peas

$\frac{1}{2}$ Teaspoon Salt
 $\frac{1}{2}$ Teaspoon Paprika
1 Tablespoon Lemon Juice
 $\frac{1}{4}$ Cup Mayonnaise

COMBINE the ingredients in the order given. Freeze in the tray of the automatic refrigerator for about 2 hours. Unmold on crisp lettuce. Garnish with lemon slices and radish roses. Serve with additional mayonnaise, thinned with a little lemon juice. Serves 8. Do not freeze this mixture at too low a temperature. A hot soup, bread-and-butter sandwiches, berries with cream, and beer or iced tea complete the menu for a hot day.

Tomato Mold with Vegetables

4 Teaspoons Gelatine
2 Tablespoons Cold Water
2 Cups Cooked or Canned Tomatoes
1 Teaspoon Scraped Onion
 $\frac{1}{2}$ Teaspoon Salt
2 Teaspoons Sugar

1 Teaspoon Worcestershire Sauce
 $1\frac{1}{2}$ Cups Cooked Green Peas or Lima Beans
1 Teaspoon Onion, Finely Chopped
 $\frac{1}{4}$ Teaspoon Salt
French Dressing
Mayonnaise

SOAK the gelatine in the cold water. Cook the tomatoes and seasonings for 10 minutes and strain off the liquid. Dissolve the gelatine in the hot liquid. Pour into a ring mold and chill until firm. Toss the peas (or beans), chopped onion, $\frac{1}{4}$ teaspoon of salt, and French dressing together lightly and chill for 30 minutes. Drain thoroughly. When the jelly is firm unmold the ring on crisp lettuce. Pile the vegetable mixture in the center. Serve with the mayonnaise. Serves 6.

Salmon Salad Mold

2 Tablespoons Gelatine
 $\frac{1}{2}$ Cup Cold Water
 $\frac{1}{2}$ Cup Hot Lemon Juice
2 Cups Canned Red Salmon, Flaked
1 Cup Mayonnaise

1 Cup Celery, Finely Cut
 $\frac{1}{4}$ Cup Green Pepper, Finely Chopped
1 Teaspoon Onion, Finely Chopped
 $\frac{1}{2}$ Teaspoon Salt
Dash Pepper

SOAK the gelatine in the cold water and dissolve in the hot lemon juice. Chill slightly. Add the remaining ingredients in the order given. Turn into a fish-shaped mold and chill until firm. Unmold on crisp lettuce. Garnish with sliced cucumber and additional mayonnaise. Serves 8 to 10.

RETAIL HAY AND GRAIN.

Hot Biscuit Chicken Sandwich

6 Tablespoons Mayonnaise
 $\frac{1}{2}$ Cup Pickles, Finely Chopped

1 Cup Cold Chicken, Diced
12 Baking-powder Biscuits

BLEND together the mayonnaise and chopped pickles and the chicken. Spread the mixture between the baking-powder biscuits, split and buttered while hot. Serve while the biscuits are hot. Garnish with ripe or stuffed olives on crisp lettuce leaves.

Banana and Pineapple Rounds

6 Pineapple Slices
2 Bananas
 $\frac{1}{2}$ Cup Lemon Juice
2 Cups White Grapes, Halved and Seeded

PLACE the pineapple slices on crisp lettuce. Slice the bananas and cover with the lemon juice. Allow to stand for 5 minutes in the refrigerator and drain. Arrange a circle of banana slices around the outside edge of each pineapple slice. Pile the grapes in the center of each slice. Garnish with maraschino cherries. Serve with mayonnaise, thinned with a little of the fruit juice. Serves 6.

Stuffed Pepper Salad

$\frac{3}{4}$ Cup Mayonnaise
2 Cups Cold Cooked Halibut, Flaked
2 Teaspoons Onion, Grated

1 Teaspoon Salt
Dash Cayenne
 $\frac{1}{2}$ Cup Celery, Diced
6 Green Peppers

TO THE mayonnaise add the halibut, onion, salt, cayenne, and celery. Cut a 2-inch slice from each green pepper and remove the seeds and pits. Chop the remainder of the peppers and add to the fish mixture. Fill the pepper slices with the fish-and-pepper mixture. Garnish with additional mayonnaise and a dash of paprika. Serve on crisp lettuce. Serves 6.

Grape Marshmallow Sherbet

20 Marshmallows
 $\frac{1}{4}$ Cup Water
 $1\frac{1}{4}$ Cups Grape Juice

2 Tablespoons Lemon Juice
3 Tablespoons Sugar
3 Egg Whites

PLACE the marshmallows in the top of a double boiler over boiling water. Add the water and $\frac{3}{4}$ cup of the grape juice. Heat until the marshmallows are melted, stirring frequently. Remove from the fire, add the lemon juice, the remaining grape juice, and 2 tablespoons of the sugar. Pour into the refrigerator freezing pan of the automatic refrigerator and chill. Add the remaining 1 tablespoon of sugar to the beaten egg whites and combine with the chilled mixture, mixing thoroughly. Freeze.

Liverwurst Sandwiches

$\frac{1}{4}$ Cup Sliced Pickles
1 Small Onion
3 Tablespoons Mayonnaise

$\frac{1}{2}$ Cup Liverwurst
Few Drops Lemon Juice

PUT the pickles and onion through the food chopper. Work the liverwurst into a paste and add the pickles, onion, lemon juice, and mayonnaise. Spread thickly between slices of buttered rye bread. Makes 10 sandwiches. Serve beer and a green salad with these sandwiches.

Malt-Cocoa and Cereal Cookies

$\frac{1}{2}$ Cup Shortening
1 Cup Sugar
2 Eggs
2 Cups Wheaties
 $\frac{1}{2}$ Teaspoon Allspice
 $\frac{1}{4}$ Teaspoon Cinnamon
 $\frac{1}{4}$ Teaspoon Cloves

$\frac{1}{4}$ Teaspoon Salt
7 Tablespoons Malt Cocoa
 $\frac{1}{4}$ Teaspoon Soda
2 Teaspoons Baking Powder
1 Cup Raisins
 $\frac{1}{2}$ Cup California Walnuts
 $\frac{1}{4}$ Cup Milk

2 Cups Sifted Flour

CREAM the shortening and the sugar. Add the well-beaten eggs, milk, and wheaties. Sift all the dry ingredients together with the flour and add to the mixture. Mix well and add the raisins and nuts. Drop by spoonfuls onto a greased baking sheet. Bake in a moderate oven (350 degrees F.) for 8 to 12 minutes.

Egg and Olive Sandwich Filling

$\frac{1}{4}$ Cup Mayonnaise

2 Hard-cooked Eggs, Chopped
8 Olives, Chopped

ADD the mayonnaise to the other ingredients and blend thoroughly. Spread on slices of whole-wheat or white bread. Makes $\frac{3}{4}$ cup of filling.

Marshmallow and Peanut-Butter Crisps

PLACE 1 marshmallow on a cracker or saltine and brown under the broiler. Cool and spread with peanut butter moistened with a little lemon juice or mayonnaise.

Fig and Peanut Sandwiches

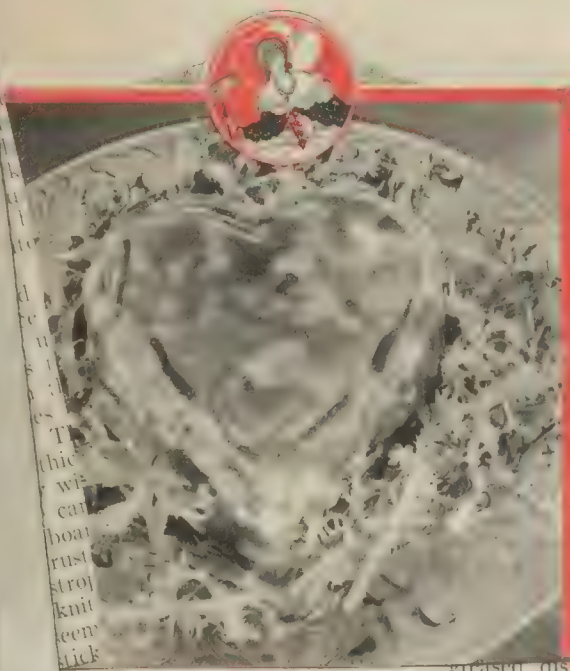
1 Cup Dried Figs, Chopped
 $\frac{1}{2}$ Teaspoon Salt
2 Teaspoons Lemon Juice

3 Tablespoons Water
 $\frac{1}{2}$ Cup Mayonnaise
 $\frac{1}{4}$ Cup Salted Peanuts, Chopped

COOK the figs, salt, lemon juice, and water in a double boiler until the mixture forms a paste. Cool, add the mayonnaise, and blend thoroughly. Spread on bread and sprinkle with the peanuts.



Make your favorite lemon jelly and pour a thin layer into a large heart-shaped mold which has been dipped into cold water. Cut small hearts out of slices of cooked beets and arrange on bottom of mold. When set, pour in the rest of the slightly cooled jelly to



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| 2 tablespoons fat | 1 cup finely-chopped, cooked spinach |
| 3 tablespoons flour | 3 egg whites |
| 1 teaspoon salt | 3 egg yolks |
| 1 cup milk | |

Melt fat, add flour and salt, and mix well. Add milk gradually and bring to boiling point, stirring constantly. Add well-beaten egg yolks and the chopped cooked spinach. Remove from stove and cool. Fold in the stiffly-beaten whites of eggs. Turn into a greased baking dish and bake for about 50 minutes in a moderate oven (350° F.).

Carrot Soufflé

- | | |
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| 4 tablespoons fat | 1/2 cup evaporated milk |
| 4 tablespoons flour | 1 1/4 cups carrot pulp |
| 1/2 teaspoon salt | 3 egg yolks |
| 1/6 teaspoon pepper | 3 egg whites |
| 1/2 cup water | |

Melt fat, add flour, salt, and pepper and mix well. Gradually add water (in which carrots were cooked) and milk; add carrot pulp (cooked and rubbed through sieve) and bring to boiling point, stirring constantly. Beat egg yolks until thick and add to sauce. Cool slightly and fold in stiffly-beaten egg whites. Pour into a greased baking dish and bake in a moderate oven (350° F.) about 50 minutes.

Pea Soufflé

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| 2 tablespoons fat | 1 cup milk |
| 3 tablespoons flour | 1 cup pea pulp |
| 1 teaspoon salt | 3 egg yolks |
| | 3 egg whites |

Melt fat, add flour and salt and mix well. Add milk gradually and bring to boiling point stirring constantly. Add well-beaten egg yolks and the pea pulp. Cool slightly. Fold in the stiffly-

which chopped celery and green pepper have been added. Chill. Turn out and garnish with chicory.

Bread Tray

Select your most attractive tray and arrange on it different breads—slices of French bread, triangles of rye bread, squares of raisin and nut bread, short bread sticks, and small crusty seed rolls.

Washington Cake

Cut a round sponge cake in halves. Put together with fluffy white frosting, sprinkle with chopped candied cherries and almonds. Ice top and decorate with candied cherries, making stems of angelica.

Sponge Cake Hearts

Bake sponge cake mixture in small heart-shaped pans, or bake in thin sheet and cut out with small heart cutter. Ice with white frosting and decorate each cake with a red candy heart, or with red icing.

Butterscotch Sauce

- | | |
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| 1 cup light brown sugar | 4 tablespoons butter |
| 1 cup corn syrup | 1/2 cup cream |

Combine sugar, syrup and butter and cook to 236° F. or until mixture forms a very soft ball when dropped in cold water. Add cream gradually, stirring constantly. If desired, toasted almonds may be added to the sauce.

Sandwiches

Anchovy—Chop fine equal parts of anchovies and olives, and add enough butter to make a paste.

Tuna Fish—Mix 2 parts flaked tuna fish with 1 part chopped celery. Add mayonnaise.

Savory Egg—To chopped hard cooked eggs, add salt, pepper, chopped pickles and mayonnaise. Use whole wheat bread.

Deviled Ham—Mix deviled ham with mayonnaise and chopped capers.

Raisin and Cheese—Make a paste of cream cheese, chopped nuts and raisins and a little mayonnaise. Spread between slices of buttered brown bread.

Cheese and Banana—Make a paste of mayonnaise and cream cheese. Spread on slices of bread and put together with thin slices of chilled banana.

es of eggs. Turn into a greased dish and bake for about 50 minutes in a moderate oven (350° F.).

Chicken Soufflé

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|---------------------------|----------------------------|
| 2 tablespoons fat | 2 cups milk |
| 2 tablespoons flour | 2 cups minced cold chicken |
| 3/4 teaspoon salt | 3 egg yolks |
| 1/2 teaspoon pepper | 2 teaspoons minced parsley |
| 1/2 cup soft bread crumbs | 3 egg whites |

Melt fat, add flour, salt, and pepper and mix well. Add milk gradually and bring to boiling point, stirring constantly. Add bread crumbs and cook 2 minutes longer. Take from fire, add chicken, well-beaten egg yolks, and parsley. Fold in stiffly-beaten egg whites. Turn into a greased baking dish and bake in a moderate oven (350° F.) about 50 minutes. Serve with creamed mushrooms.

Minced veal or ham may be used instead of chicken.

Coffee Soufflé

- | | |
|-------------------------|----------------------|
| 3 tablespoons fat | 4 egg yolks |
| 3 tablespoons flour | 1/2 cup sugar |
| 1/4 cup evaporated milk | 1/4 teaspoon salt |
| 1/4 cup clear coffee | 1/2 teaspoon vanilla |
| | 4 egg whites |

Melt fat, add flour, and mix until smooth. Add milk and coffee gradually and bring to boiling point, stirring constantly. Beat egg yolks until thick and lemon colored and add sugar and salt. Add slowly to hot mixture, stirring until blended. Cool slightly. Add vanilla and fold in stiffly-beaten egg whites. Turn into a greased dish and bake in a moderate oven (350° F.) about 50 minutes.

Short Cuts to Savory Soups

Clear Vegetable Soup (A GOOD HOUSEKEEPING TESTED RECIPE)

- | | |
|---------------------------|----------------------------------|
| 1 c. diced, pared carrots | 1 c. diced, pared yellow turnips |
| 1 c. shredded cabbage | 2 qts. water |
| 1 c. diced celery | 2 1/2 c. canned beef bouillon |
| 1 c. minced peeled onions | 2 1/2 tsp. salt |
| 1/8 tsp. pepper | |

PUT all the vegetables in a kettle with the water and boil under cover until the vegetables are tender—about 1 hour. If you want a nice, red color without adding tomatoes, put in half a cup of finely-chopped pared beets. Then add the bouillon, salt, and pepper and simmer 5 or 10 min. A delicious addition is 3/4 c. of chopped fresh or canned mushrooms which have been sautéed in 1 tbsp. butter and then thickened with 1 tbsp. of flour. And, of course, if you are partial to fresh peas and corn in vegetable soup, add them. Makes 7 c. The amount of salt needed in this recipe will vary with the seasoning in the stock used.

If you want an exhilarating clam broth, try this recipe.

Clam Broth

(A GOOD HOUSEKEEPING TESTED RECIPE)

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| 1 1/2 c. canned chicken broth, strained | 1 c. bottled clam bouillon |
| | 1/4 c. heavy cream whipped |

COMBINE the chicken broth and clam bouillon and heat. Pour into bouillon cups and top each serving with whipped cream. Makes 2 c. You may discover that some canned chicken broth has a little rice in it, which, for this clam broth, may be removed by straining if you wish.

Now, these foregoing ideas are by no means the only methods of using canned soups in soup-making. If you investigate the varieties that are available, and do some original work in combining them or incorporating them with other ingredients, you will discover that soups are versatile as harmonizers and always ready to render new, appealing chords of flavor under your direction.



AUNTIE'S FRIED HASHERS

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| 1 cup celery, chopped | 1/4 teaspoon pepper |
| 2 cups cooked turkey, chicken or veal, finely diced | 3/4 cup fine dry bread crumbs |
| 1 cup cooked rice | 1 egg, slightly beaten with 2 tablespoons cold water |
| 1 egg | |
| 1 tablespoon green pepper, chopped | |
| 1/4 teaspoon salt | |

Crisco for deep-frying
Cover celery with boiling water and stew 10 minutes. Drain. Mix celery and other ingredients (except in coating). Form into croquettes. Dip them into crumbs, then into egg, then into crumbs again. Deep-fry in the digestible way with Crisco, the pure vegetable fat. The right frying heat of Crisco is reached when a small cube of bread browns in 40 seconds (375°-385° F.). Fry croquettes golden brown, drain on absorbent paper. Strain Crisco to clear it of crumbs and use for many fryings. Crisco is the

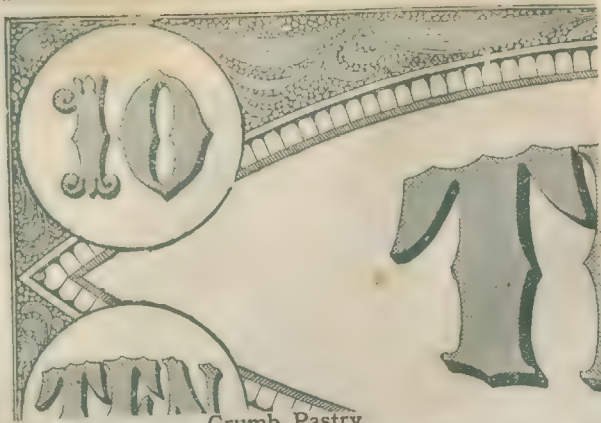
Banana All-Bran Nut Bread

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|---------------------------|----------------------------|
| 1/4 cup shortening | 1/2 teaspoon salt |
| 1/2 cup sugar | 1/2 teaspoon soda |
| 1 egg (well beaten) | 1/2 cup chopped nut meats |
| 1 cup Kellogg's ALL-BRAN | 1 1/2 cups mashed bananas |
| 1 1/2 cups flour | 2 tablespoons water |
| 2 teaspoons baking powder | 1 teaspoon vanilla extract |

Cream shortening and sugar well. Add egg and ALL-BRAN. Sift flour with baking powder, salt, and soda. Mix nuts with flour and add alternately with mashed bananas to which the water has been added. Stir in vanilla. Pour into greased loaf tin. Let stand 30 minutes and bake in a moderate oven (375° F.) one hour. Let cool before cutting. Yield: 1 loaf (8 1/2 x 4 1/2 inches).

Sell for cash 2 tons hay.
Receive of D. F. Piper \$100 on account.

Sell for cash 1 ton hay.
Sell for cash 1/2 ton hay.



Crumb Pastry

24 graham wafers 1/2 cup butter
2 tablespoons brown sugar

Melt butter. Roll out graham wafers, add with sugar to butter. Stir until thoroughly blended. Pack in pie pans or in platter. Place in refrigerator to chill.

Butterscotch Filling

4 tablespoons corn starch 1 1/4 cups brown sugar
2 cups milk 3/4 teaspoon salt
3 tablespoons butter 3 egg yolks
1 teaspoon vanilla

Mix corn starch, salt and egg yolks. Add milk slowly. Cook in double boiler until thick. Cook butter and sugar until they bubble, stirring carefully to prevent scorching. Add to thickened mixture and beat with rotary beater. Cool slightly, add flavouring. Pour into crumb pastry shell.

MERINGUE:—Beat 3 egg whites until stiff, gradually beat in 6 tablespoons granulated sugar. Pile over filling, (do not brown) sprinkle with toasted cocoanut.

This pie may be made in the morning and kept in the refrigerator or cool place until served.

In the Menu No. 2 a clear soup would be chosen to precede a hot meat course. This is an opportunity to bring to aid the delicious canned products that are offered in such valiant array. In the morning the cans should be opened and contents placed in the pan in which the soup is to be heated along with the additional liquid as directed on the tins. At the same time make sure that the crackers are ready . . . if a new box is to be opened, see that it is done.

The markets are still well supplied with fresh fruits and one may have endless choice is combining the fruits. If a decided colour note is desired a gelatine salad with a foundation of cranberries will offer a piquant flavour.

Cranberry Salad

1 pint cranberries, 1 cupful boiling water, 1 cupful sugar, 1 1/4 tablespoonfuls granulated gelatine, 1/4 cupful cold water, 1/2 cupful diced pineapple, 1/2 cupful diced apple, 1/4 cupful chopped walnuts meats, mayonnaise.

(Turn to page 39)

Cook the cranberries and water together for twenty minutes. Rub through a sieve, stir in the sugar, and cook five minutes. Add the gelatine which has been dissolved in the cold water for five minutes, and just before this begins to set pour half of the mixture into a shallow glass or enamelware dish which has been rinsed in cold water. Allow it to set, keeping the remainder warm to prevent it from becoming stiff. Over the first half sprinkle the pineapple, diced apple and nut meats. Pour the remaining half over this and allow it to set. Cut into slices and serve on leaves of lettuce with a garnish of salad dressing and a few extra nut meats.

Menu No. 3 — here we have a typical dinner which may be embellished in a dozen different ways. The cocktail of vegetable (or fruit) juices may be served, along with canape in the living room, a gesture much approved where there is a large gathering, as it helps to bridge the awkward moments when unknown guests meet. Usually, if the cocktail is served in the living room a clear soup is added to the courses.

No matter how blase the gourmet may be a delicious home-baked layer cake will bring capitulation. Plain ice cream may be served with the layer cake.

Moon-glow Lemon Frosting

Grated rind of 1 lemon, 4 table-
spoons lemon juice, 2 egg yolks, un-
beaten, 4 1/2 cups confectioners' sugar
(about).

Add lemon rind and juice to egg yolks. Stir in sugar until of right consistency to spread. Makes enough frosting to cover tops and sides of three 9-inch layers.

For vegetarian friends Menu No. 4 is ideal. With the vegetables should be served perfectly cooked rice and fritters.

Corn Fritters

1 can of corn, drained, 2 egg yolks, salt and pepper, 1/2 teaspoon baking powder, 1/2 cup flour and milk to make thick batter. Fold in beaten whites last and drop by spoonfuls in deep fat or fry in pan.

With any menu one may substitute home-made muffins in place of dinner rolls:

Pies

ICE CREAM PIE

1/2 cup sugar 1 pint vanilla ice cream
2 tablespoons flour 1 baked pie shell
1 No. 2 can sour pitted cherries and juice
4 tablespoons sugar 2 egg whites

Mix sugar and flour together and add to the cherries. Cook until thick, stirring constantly. Chill. Pack the vanilla ice cream into the chilled pie shell and spread on the cherry mixture. Beat egg whites until stiff and fold in the 4 tablespoons of sugar. Cover top of the pie with the meringue. Place under the broiler to brown the top. (The meringue must be browned quickly so that the ice cream will not melt.) Serve immediately.

MINCE MEAT CUSTARD PIE

1 (9 ounce) package mince meat 1 1/2 cups water
1/2 cup sweetened condensed milk 2 eggs
2 tablespoons molasses Unbaked pie shell

Break dry mince meat into pieces and add water. Place over heat and stir until all lumps are broken. Bring to brisk boil; continue boiling for one minute. Cool. Blend together well beaten eggs, sweetened condensed milk, molasses, and cooled mince meat. Bake the pie shell five minutes in a hot oven (400° F.). Cool. Pour in the filling. Bake in a moderate oven (350° F.) about 30 minutes, or until the custard is set. Decorate with candied cherries and strips of candied pineapple.

MARBLE TOP PIE

1/2 cup sugar 4 tablespoons flour 1/4 cup milk
2 egg yolks Few grains salt 2 tablespoons butter
1 1/4 cups apricot pulp Baked pie shell
1 cup cream 1 square unsweetened chocolate

Mix sugar and flour together; add milk, beaten egg yolks, and apricot pulp. Cook until thick, stirring constantly. Add salt and butter. Pour into a baked pie shell. Cool. Beat cream until stiff; add a little confectioners' sugar and vanilla. Add melted chocolate to 1/3 of whipped cream. Put whipped cream on top. Streak chocolate with a spatula into the white to give a marble effect.



Peanut Butter Pinwheels

(A GOOD HOUSEKEEPING TESTED RECIPE)

mashed potato 1 lb. sifted confectioners' sugar
sp. salt 1/2 tsp. vanilla extract
1 c. peanut butter

Preparing the potato, cook and mash it with a fork or potato masher, adding seasoning or milk. To it gradually add salt and sugar, beating well with a spoon or an electric beater at high speed. Add the vanilla. Turn half the mixture to a board lightly sugared with confectioners' sugar, and roll into a rectangle 1/4" thick. Spread with half the peanut butter and roll up like a jelly roll. Make similar roll with the rest of the fondant peanut butter. Cut into crosswise slices 1/4" thick. Makes about 4 doz. wheels.

Chocolate Caramels

(A GOOD HOUSEKEEPING TESTED RECIPE)

granulated sugar 1 sq. (1 oz.) unsweetened
light corn syrup cooking chocolate
light cream or top milk Speck salt
butter or margarine 1/2 tsp. vanilla extract

Combine all the ingredients but the vanilla in a saucepan and stir until the sugar and cream are mixed. Cook to 242° F. or until a little of the mixture dropped in cold water forms a firm but not brittle ball, stirring occasionally at the beginning and more frequently toward the end of the cooking process. Add vanilla and turn at once into a greased pan, 8 1/2" x 4 1/2" x 2", being very careful not to scrape the mixture from the pan. Let the caramel mixture stand until firm; then remove in a sheet from the pan. Cut into 3/4" squares and wrap each piece in a square of heavy wax paper. Makes about 1 lb. One cupful chopped walnut meats may be added.

Chocolate Maple Divinity Fudge

(A GOOD HOUSEKEEPING TESTED RECIPE)

granulated sugar 1/4 tsp. salt
maple syrup 2 egg whites
light corn syrup 1/2 tsp. vanilla extract
water 2 sq. (2 oz.) unsweetened cooking chocolate, melted

Combine the sugar, syrups, water, and salt in a saucepan over a low heat, stirring constantly until the sugar is dissolved. Continue cooking, without stirring, to 238° F. or until a little of the mixture dropped in cold water forms a hard ball. Any sugar crystals form on the sides of the pan, remove them with a wet piece of cheesecloth wound around the tines of a fork. Remove the syrup from the heat and gradually pour over the egg whites, beaten stiff with a hand beater or an electric beater at high speed, and continue stirring until the mixture will hold its shape when dropped from a spoon on to wax paper. Then add the vanilla and pour the mixture into a greased pan, 9" x 9" x 1 1/2". When cool, spread the melted chocolate over the top and set in a cool place until the chocolate hardens. Cut into squares. Makes about 1 1/2 lbs.

Uncooked Fudge

(A GOOD HOUSEKEEPING TESTED RECIPE)

4 sq. (4 oz.) unsweetened cooking chocolate 1 tbsp. melted butter or margarine
1 lb. confectioners' sugar 1 egg, slightly beaten
3 tbsp. evaporated milk 1/4 tsp. salt
1 tsp. vanilla extract

Melt the chocolate; add the sugar, milk, butter, egg, salt, and vanilla, and beat until creamy. Turn into a greased pan, 8" x 8" x 2", and let harden. Cut into squares. Makes about 1 1/2 lbs. 1 c. chopped walnut meats may be added.

Peanut Creams

(A GOOD HOUSEKEEPING TESTED RECIPE)

2 c. brown sugar Speck salt
3/4 c. hot water 1 c. shelled peanuts
3 tbsp. butter or margarine

Pecan Rolls

(A GOOD HOUSEKEEPING TESTED RECIPE)

1/2 recipe Raised Sweet Roll dough (Recipe is below) 1/2 c. water
3/4 c. brown sugar 1 c. pecan halves

Make the Raised Sweet Roll dough. Boil the sugar and water together 5 min. Place 2 tsp. of this syrup in the bottom of each section of greased deep muffin pans and arrange 4 pecan halves in each. Turn the dough on to a lightly floured board and knead until it can be easily handled. Then roll it out into a sheet 1/2" thick, cut into 2 1/4" rounds, and form into balls by folding the edges under until the top is smooth. Place one ball in each section of the muffin pan, cover with a clean cloth, and let rise until nearly double in bulk. Bake in a hot oven of 400° F. 12-15 min. Remove at once from pan and cool, syrup side up on cake rack. Makes 16 rolls. If desired, brush the sheet of dough with melted fat, roll like a jelly roll, and cut in 3/4" slices. Pour syrup into a greased shallow baking pan; add pecans; arrange slices on top. Raise and bake as above.

Combine the sugar, water, and salt in a saucepan and stir over low heat until the sugar is dissolved. Cook gently to 242° F. or until a little of the mixture dropped in cold water forms a firm ball. Remove from the heat and cool to lukewarm. Meanwhile coarsely chop the peanut meats, and brown with the butter in a hot oven of 450° F. for 8-10 min. Add the peanut meats and any butter left in the pan to the cooled candy mixture, and beat with a spoon until the mixture is creamy and beginning to stiffen. Turn into a greased pan, 8 1/2" x 4 1/2" x 2", and when cool, cut into squares. Makes about 1 lb.

Candied Orange Peel

(A GOOD HOUSEKEEPING TESTED RECIPE)

Peel from 4 medium sized oranges Cold water
2 c. granulated sugar

Using the point of a sharp knife, remove the orange peel in quarters. Cover with cold water and simmer until tender. Drain, reserving 1 c. of the liquor. Lay each piece of peel on the table and carefully remove the inner white portion with a teaspoon. Then cut the orange peel into 1/4" strips. Combine the sugar and the 1 c. reserved liquor, and stir over a low heat until the sugar is dissolved. Cook to 238° F. or until a little of the mixture dropped in cold water forms a soft ball. Add the orange peel, simmer for 10 min., then drain thoroughly in a strainer. Now roll the peel, a few pieces at a time, in granulated sugar arranged in a shallow pan or on wax paper. Shake off any excess sugar and keep in a covered container until used. Makes about 1/4 lb.

Candied Grapefruit or Lemon Peel

Follow recipe for Candied Orange Peel, substituting peel from 2 small grapefruit or 4 lemons. Also use 1 c. fresh water for the sugar syrup instead of the liquid in which the peel was cooked. Makes about 1/4 lb.

Coffee Penuche

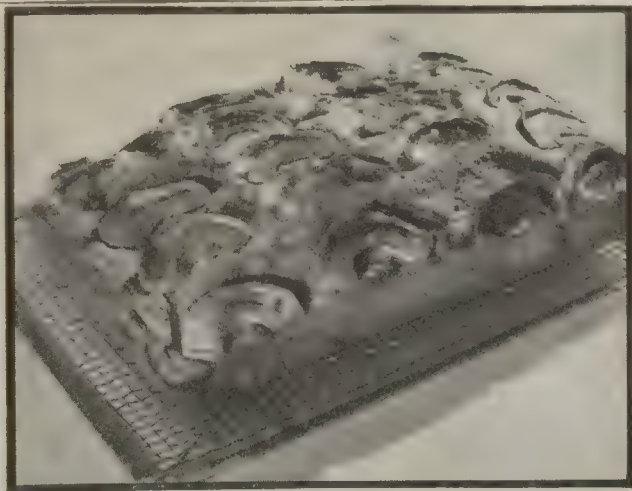
(A GOOD HOUSEKEEPING TESTED RECIPE)

1 c. brown sugar 1/2 c. strong coffee beverage
1 c. granulated sugar 1 tbsp. butter or margarine
1/4 c. top milk 1/4 tsp. salt
1/2 c. chopped nutmeats

Combine the sugars, milk, and coffee beverage in a saucepan, and stir over a low heat until the sugar is dissolved. Continue cooking, without stirring, to 238° F. or until a little of the mixture dropped in cold water forms a soft ball. Remove from the heat and cool to lukewarm. Add the butter, salt, and nutmeats, and beat with a spoon until the mixture is creamy and beginning to stiffen. Turn into a greased pan, 8 1/2" x 4 1/2" x 2", mark into squares, and cool. Makes about 1 lb.

1/2 c. sweetened condensed milk 1/2 tsp. peppermint extract
1 1/4 c. sifted confectioners' sugar 1/2 c. halves of walnut meats (36)

Slowly add the condensed milk to the confectioners' sugar while blending thoroughly. Add the peppermint extract, and continue mixing until smooth and creamy. Form the fondant into balls 1" in diameter. Then press half a walnut meat on each side of each ball. Delicious served as an after-dinner mint. Makes 18 walnut mints. By substituting an equal amount of vanilla extract for the peppermint extract, this fondant makes a delicious stuffing for dried fruits, etc.



Dutch Apple Cake

(A GOOD HOUSEKEEPING TESTED RECIPE)

1/2 recipe Raised Sweet Roll dough (Recipe at right) 2 medium cooking apples
1 tbsp. melted butter or margarine 2 tbsp. granulated sugar
1/4 tsp. cinnamon

Make the Raised Sweet Roll dough; turn on to lightly floured board. Knead until easily handled; roll to fit a greased pan, 8" x 11" x 2". Place dough in pan. Brush with melted butter. Pare and core the apples, slice in eighths, and arrange in even rows on the dough. Sprinkle with the granulated sugar and cinnamon mixed. Cover with a clean cloth and let rise until nearly double in bulk. Then bake in a moderate oven of 375° F. 40-45 in. Serve hot or cold. Serves 6 to 8.

ROLLS

THERE are few perfect things so simple of accomplishment as the perfect roll.

A heavy roll has as little excuse as a fountain in a thundershower. When you essay the raised roll, complement the yeast with an egg.

Strangely enough, one whole egg, well beaten, is proper for a roll recipe calling for one and one-quarter cupfuls of liquid. And if you halve the liquid to make less rolls, don't halve the egg. It works in either amount.

Don't think the egg will make your rolls yellow inside. They'll be white.

Yeast is a miracle maker. But it performs better if allowed to perform quickly. In warm weather rolls rise by sleight of hand. The colder the day the more time must be allowed.

Keep your dough at an even temperature. And out of drafts. Cool breezes sneak up on raised dough to its utter discouragement.

Letting dough rise to twice its bulk means just that. Both in the bowl and in the pan.

A misshapen roll is usually one that has been allowed to rise too much in the oven. Accomplish the first light browning quickly. Then reduce the heat a speck, to finish.

Have your rolls hot when served. Cover them closely with an inverted pan on a baking sheet, put into a moderate oven for a few minutes and there you are.

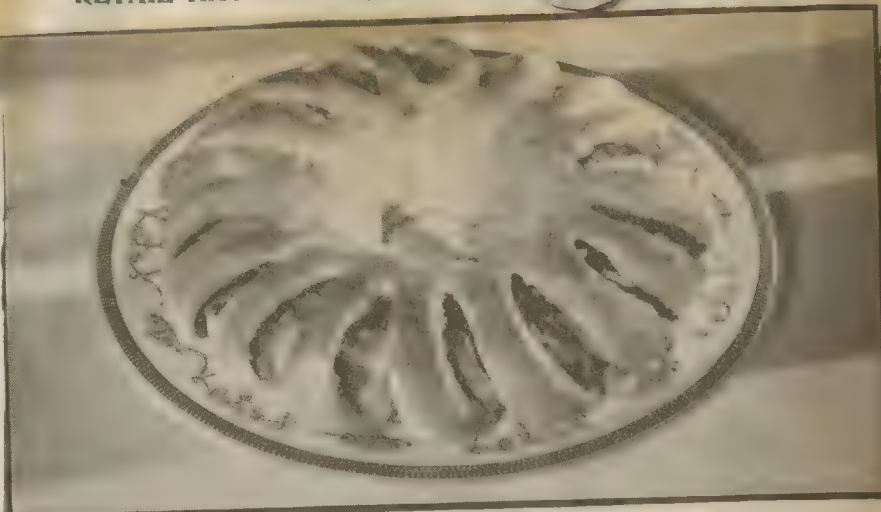
They have then that "just out of the oven" taste, even after they're a day old.

Brushing rolls with melted butter as they come from the oven tenderizes the crust. If you like your crust crisp, don't brush.

Two yeast cakes to one and one-quarter cupfuls of liquid is my roll rule.

Don't be shy with yeast. It has a wonderful way of covering its tracks.

Rolls made thus won't taste of yeast. They'll be as light as dandelion seed in a high wind. And as beguiling as a feather in the hat!



THE SWEDISH TEA RING is an "old favorite" for afternoon tea and good any time. Quite easy to make and a handsome affair to bring to your table.

Swedish Tea Ring

- 1/2 Cupful of shortening
- 3/8 Cupful of sugar
- 1/2 Cupful of boiling water
- 1 Yeast cake
- 1/2 Cupful of cold water
- 1 Egg
- 1/2 Teaspoonful of salt
- 3 Cupfuls of unsifted bread flour

Cream the shortening and sugar together and add the boiling water. Allow this mixture to cool and add the yeast cake which has been dissolved in the cold water. Stir until well mixed and add the beaten egg. Combine the flour and salt and sift into the mixture. Blend thoroughly, cover the bowl with waxed paper and place in the refrigerator overnight or until ready to use.

Roll one half of the above mixture into an oblong sheet about quarter-inch thick on a lightly floured board. Spread with two

tablespoonfuls of softened but not melted butter and sprinkle with the following mixture:

- 1/2 Cupful of brown sugar
- 1/4 Teaspoonful of cinnamon
- 1/4 Cupful each of blanched, chopped almonds, strips of citron peel and washed raisins

Press the fruit lightly into the dough and roll up like a jelly roll. Trim the ends and join to form a ring. Cut with the scissors at intervals of about one inch from the outside to within half inch of the centre, and turn each section slightly to the side. Brush the surface with egg white and allow to rise for two hours at room temperature. Bake for thirty minutes in a hot oven—400 degrees Fahrenheit.

The remainder of the dough may be kept in the refrigerator, covered with waxed paper to be used for rolls or for another ring.



Short Cuts to Savory Soups

(Continued from page 89)

you have an old-fashioned covered bean pot, put the onions and broth in that and cook in a moderate oven of 350° F. for 30 min. For some reason this pot gives a particularly delicious result in flavor. Place a round of toast in each individual soup dish and pour on the soup. Then as the crowning touch, sprinkle with the cheese and serve. Makes 4 c.

Onion Soup II (A GOOD HOUSEKEEPING TESTED RECIPE)

ANOTHER onion soup, which I think has a richer, smoother quality than Onion Soup I, is made as follows: Add the same amount of browned onions as in Onion Soup I to 3 c. of canned chicken broth and 1 1/2 c. water. You can use chicken bouillon cubes if you wish, but make the broth strong. Finally stir in slowly 1 c. of cream. Serve with rounds of toast and grated cheese as described above. Makes 5 1/2 c.

If you are fond of mushrooms, you can get a delicious canned cream of mushroom soup. And

here is a homemade mushroom soup which has chicken stock as a base.

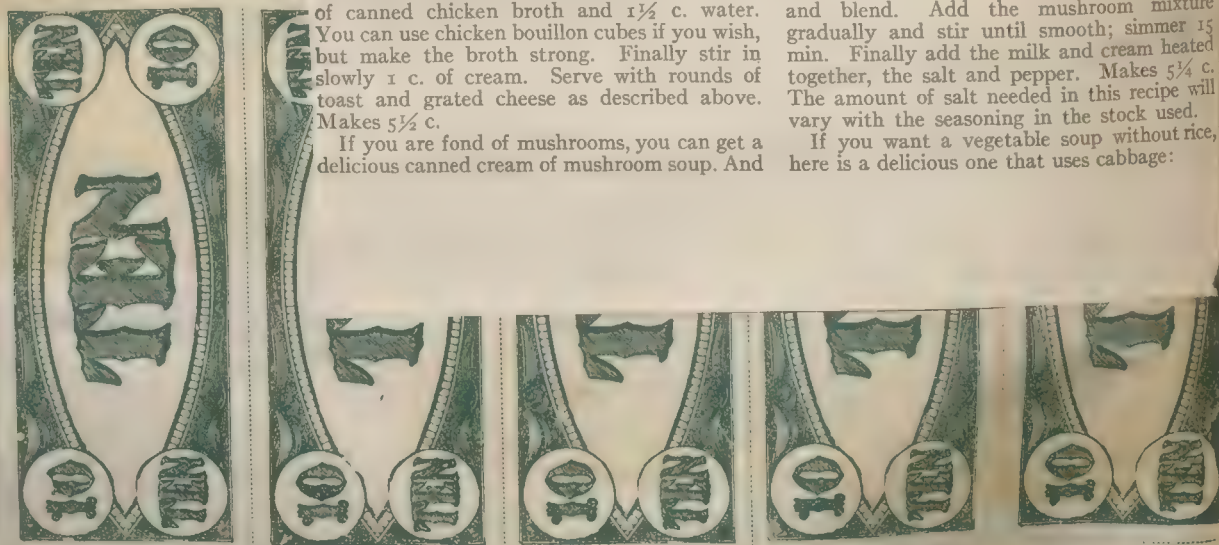
Mushroom Soup (A GOOD HOUSEKEEPING TESTED RECIPE)

- 1/2 lb. fresh mushrooms or 1 4-oz. can mushrooms
- 1/2 c. butter or margarine
- 3 c. canned chicken broth
- 3 c. water
- 1/4 c. flour
- 1 c. bottled milk or 1/2 c. evaporated milk and 1/2 c. water
- 1 c. cream
- 1 tsp. salt
- Speck pepper

WASH and chop the fresh mushrooms fine; sauté in 1 tbsp. of the butter until a delicate golden brown; then add to the chicken broth and water. Boil gently for 20 min. Meanwhile melt the rest of the butter in a saucepan, remove from the heat, add the flour and blend. Add the mushroom mixture gradually and stir until smooth; simmer 15 min. Finally add the milk and cream heated together, the salt and pepper. Makes 5 1/4 c. The amount of salt needed in this recipe will vary with the seasoning in the stock used.

If you want a vegetable soup without rice, here is a delicious one that uses cabbage:

Sell for cash 5 bu. oats.



NOUGAT ICE CREAM

Make a custard of three cups of milk, one cup of sugar, yolks of five eggs and three-fourths teaspoon of salt. Cool, then add one and a half cups of cream beaten stiff, whites of five eggs beaten stiff, one teaspoon almond extract, one tablespoon vanilla extract, and one-third cup each of chopped walnut, almond, pistachio, and filbert nut meats. Freeze.

PRESSED VEAL

Cook one shank of veal and three pounds of veal until well done. Run meat through a food chopper. Boil liquor down to one pint and add the ground meat and a little sage and one can of ground pimentos. Press half of the meat into a pan, then put in a layer of sliced hard boiled eggs (using about four eggs). Then put in another layer of meat. This will serve twenty-five plates. It is best when made the day before it is used.

FROZEN CRANBERRIES

Pick over and wash four cups cranberries. Add one and one-half cupfuls boiling water and two and one-fourth cupfuls sugar and let boil twelve minutes, skimming twice during the cooking. Rub through a sieve, cool and fill to overflowing one-half pound baking powder boxes with mixture. Pack in salt and ice, using equal parts, and let stand four hours.

CREAM OF POTATO SOUP

Six potatoes, four cups scalded milk, one large onion, one-half teaspoon salt, one-half teaspoon pepper, one-half teaspoon celery salt, two tablespoons flour, two tablespoons butter.

Pare the potatoes, cut them in quarters, drop them in salted boiling water to cover the cook quickly. When they boil place the milk in the double boiler with the onion and have the milk well heated when potatoes are done. Drain them when cooked. Mash them fine, add the hot milk slowly, having removed the onion. Season with celery salt, salt and white pepper or paprika. Add the fat and flour, mixed together. Cook the soup for five minutes, then pour it through a soup strainer, return to the fire to heat, but do not boil it. Beat with an egg beater.

BAKED LEMON CORNSTARCH PUDDING

2 cups milk, 2 tablespoons cornstarch, 2 tablespoons cold water, 1 tablespoon butter, 4 eggs, 1 cup sugar, juice 2 lemons, grated rind 1 lemon, 1/4 teaspoon salt.

Method: Heat milk to boiling point, dissolve cornstarch in cold water, add to milk and cook 5 minutes, stirring constantly, add butter and salt, and set aside to cool. Beat egg yolks until light, add sugar, lemon juice and rind, and beat to stiff

cream. Add gradually to cornstarch mixture. Turn into buttered baking dish and bake in moderate oven until firm. Make meringue of the egg whites, spread over pudding, and brown lightly. When serving, garnish each portion with a bit of bright colored jelly or jam.

MAGIC LEMON CREAM PIE

1-1-3 cups sweetened condensed milk, 1/2 cup lemon juice, grated rind 1 lemon, 2 egg yolks, baked pie shell

Method: Blend together sweetened condensed milk, lemon juice, grated lemon rind and egg yolks. Pour into baked pie shell, cover with meringue, made by beating 2 egg whites until stiff and adding 4 tablespoons granulated sugar and 1/4 teaspoon vanilla extract. Bake until brown in moderate oven (350 deg. F.) about 25 minutes. Chill before serving.

APRICOT JELLY

Soak one-fourth of a pound of dried apricots in one cup of water for several hours and cook in the same water until very soft. Rub through a sieve—there should be one and a half cups of pureed fruit and liquid together. Soak one and a half tablespoons of granulated gelatin in one-fourth cup of cold water, add three-fourths cup of boiling water, one-half cup sugar and when gelatin and sugar are dissolved add to the apricot puree. Sweeten to taste, as probably more sugar will be required. Sometimes the juice of a lemon is an improvement. Dip slices of banana in the apricot mixture and line a fancy mould with these, first wetting the mould in cold water or brushing it over lightly with olive oil. Then add about one-half of the apricot, another layer of banana slices and again apricot. Chill thoroughly and serve icy cold.

CHOCOLATE ANIMALS

For each pound of ordinary animal crackers one pound of sweet dipping chocolate is required, although a large amount is really desirable to give an ample coating. Melt the cut-up chocolate in the top of the double boiler and with forks dip each little animal until he has a thick brown coat. Chocolate which is just melted but not very hot is best.

PRUNE DELIGHT

One cup prunes, three cups cold water, one and one-fourth cups sugar, three cups milk, four eggs, one-fourth teaspoon salt, one-half teaspoon lemon extract, one-half cup brown almonds.

Wash and cover the prunes with the cold water and soak overnight. Then simmer slowly until the prunes are very soft. Discard the pits and rub the prunes through a coarse strainer. Meanwhile melt one cup of sugar in a frying pan until caramel in color. Pour one half of it into the mould in which the custard is to be baked and the other half in an oiled pan to harden. To the prune pulp add the milk and bring to the scalding point. Beat the eggs slightly, adding one-fourth cup of sugar, the salt, lemon extract, and then the hot prune and milk mixture, a little at a time, stirring constantly. Pour into the mould, place in a pan of hot water and bake at 325 degrees F. for one and one-quarter hours, or until firm when tested with a silver knife. Cool the custard slightly and turn out on a serving dish. Remove the hardened caramel from the pan and, together with the almonds, crush very fine. Sprinkle over the custard and serve either hot or cold.

BAKED TOMATOES

Six tomatoes, four tablespoons butter, salt, pepper, one cup bread-crumbs, one teaspoon sugar.

Peel the tomatoes and cut them in one-fourth inch slices. Place a layer of tomatoes in a pudding dish and sprinkle them with salt and pepper. Rub the butter into the crumbs with the sugar. Spread the mixture evenly on the tomatoes and add another layer of tomatoes. Sprinkle with dry crumbs and bake for twenty minutes.

PICCADILLY SALAD

1/2 small head red cabbage, 1 small head white cabbage, 1/4 cup brown sugar, 1/4 cup vinegar, 4 medium sized carrots, 2 tablespoons butter, 2-3 cup cottage cheese, 1 tablespoon horseradish, parsley.

Method: Chop both kinds of cabbage fine. Pile the white cabbage in centre of chop plate, surround it with the red cabbage. Mix sugar and vinegar and pour over cabbage. Grate the washed, peeled carrots. Mix butter, cheese and horseradish to which a little vinegar has been added, mould into shapes of 6 small carrots; insert sprig of parsley in large end, roll in grated carrot, and arrange on top of white cabbage. Serve with cream mayonnaise.

CREAM MAYONNAISE

1/2 cup lemon juice, 1/4 cup butter, melted, 1/2 cup sweetened condensed milk, 1 unbeaten egg yolk, 1/2 teaspoon salt, 1 teaspoon dry mustard, 1/2 teaspoon pepper.

Method: Put ingredients in jar in order given, fasten cover tightly, and shake vigorously for 2 minutes, or place ingredients in bowl, and beat with rotary beater until well blended.

BOSTON FUDGE CAKE

Half cup shortening, 2 cups brown sugar, 2 egg yolks, 2 1/2 cups flour, 2 teaspoons baking powder, 1/4 teaspoon soda, 4 tablespoons cocoa, 1/2 cup sour cream, 1/2 cup water, 2 egg whites, 1 teaspoon vanilla. Method: Cream shortening and sugar, add beaten yolks. Sift dry ingredients and add alternately with sour cream and water. Fold in beaten egg whites and flavoring. Bake in 10-inch square pan in moderate oven (325 degrees F.) about 50 minutes. Cover with chocolate frosting.

CHOCOLATE FROSTING

One can sweetened condensed milk, 2 squares unsweetened chocolate. Method: Place condensed milk and chocolate in top of double boiler and cook until thick. Spread over cake. Should the frosting be a little thick, thin with a little water.

NUT DOUGHNUTS

One and three-quarter cups sugar, 4 tablespoons melted shortening, 1 1/2 cups milk, 2 eggs, 4 teaspoons baking powder, 1 cup chopped nuts, 1 teaspoon vanilla extract, 1 teaspoon lemon extract, 1 teaspoon salt, 1/2 cups flour. Method: Cream sugar and shortening, add eggs, flavoring, salt and milk. Dredge nuts with part of flour and add to this mixture. Sift 4 cups of flour with baking powder and fold into liquid ingredients. Add remaining 1/2 cup if necessary. Toss on floured board, roll 1/4 inch thick, cut with doughnut cutter and fry in deep fat.

QUICK COFFEE CAKE

Two cups flour, 1-2 teaspoon salt, 2 tablespoons sugar, 2 tablespoons baking powder, 2 tablespoons melted shortening, 1 cup milk.

Method: Sift dry ingredients in bowl, add shortening and enough milk to make a very stiff batter. Mix well and spread 1-2 inch thick in 9-inch greased cake pan. Add top mixture and bake 30 minutes in moderate oven. (400 degrees F.)

TOP MIXTURE

Three tablespoons flour, 1 tablespoon cinnamon, 3 tablespoons sugar, 3 tablespoons shortening.

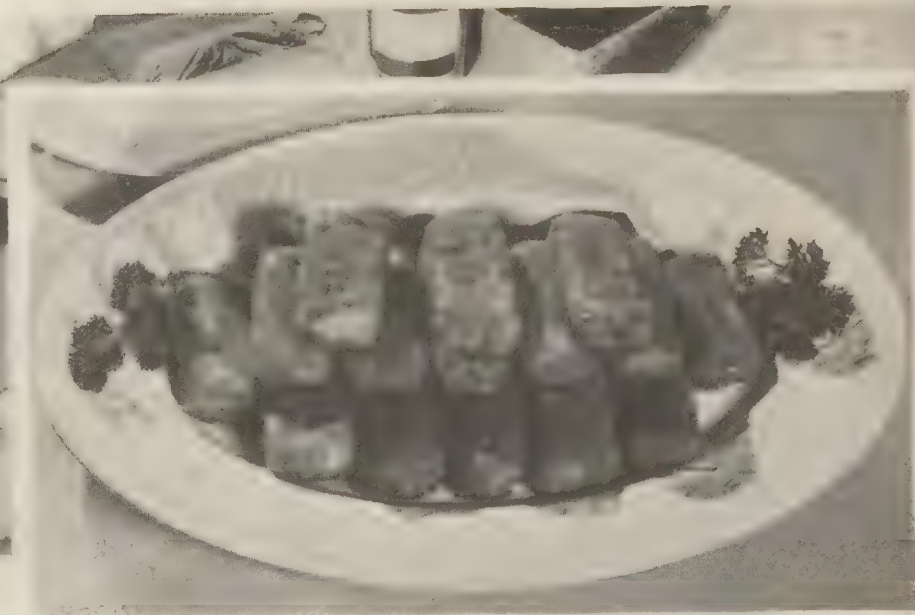
Method: Mix dry ingredients, cut in shortening and spread thickly over dough before baking.

HAMBURGER EGGS

6 hard cooked eggs, 1/2 pound hamburger, 1/2 pound sausage meat, cracker crumbs, 1 egg.

Method: Mix hamburger and sausage meat together, (add seasoning if desired) coat each egg with meat, dip in crumbs, then in slightly beaten egg, and again in crumbs, and fry in deep vegetable oil. To serve, split in two; pour Vegetable Sauce over. (If preferred, may bake in 425 degrees F. for 20 minutes).

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Meals in Keeping with Lent

By Dorothy B. Marsh
Of the Institute Staff

CHEESE AND EGG LUNCHEONS

*Rink Tum Diddy on Toast
Olives
Orange and Prune Salad
Crackers
French Dressing
Cocoa

Rink Tum Diddy

(A GOOD HOUSEKEEPING TESTED RECIPE)

1 10½-oz. can condensed tomato soup
1 tbsp. minced onion
2 tbsp. tomato catsup
1 lb. American cheese
1 egg, slightly beaten
Toast or toasted crackers

Heat the tomato soup with the onion in a double-boiler; add the catsup. Cut the cheese into very thin slices and stir into the hot soup. Stir until the cheese has partially melted, then stir in the egg, cover, and let stand over hot water for 5 min. If you prefer a smooth mixture, add the egg when the cheese is completely melted. Serve on toasted crackers or toast. Serves 6. To serve 2 or 3, make half this recipe.

*Cheese Waffles with Vegetable Sauce
Cooked Dried Apricots
Cookies
Tea

Cheese Waffles with Vegetable Sauce

(A GOOD HOUSEKEEPING TESTED RECIPE)

2 c. sifted cake or pastry flour
4 tsp. tartrate or phosphate baking powder or 2 tsp. combination-type baking powder
¼ tsp. salt
2 eggs
1½ c. bottled milk or ¾ c. evaporated milk and ¾ c. water
6 tbsp. melted shortening
1 c. grated American cheese

Sift together the dry ingredients. Separate the eggs, beat the egg yolks until light, and add with the milk, melted shortening, and cheese to the dry ingredients. Beat the egg whites stiff and fold them into the waffle batter. Bake on a waffle iron, following manufacturer's directions for operating the iron. Makes 6 to 8 waffles. Serve with a Vegetable Sauce made by adding 1 c. drained canned or fresh cooked peas to 2 c. medium white sauce.

CHEESE AND EGG DINNERS

Canned Tomato Soup
*Cheese and Rice Croquettes
Creamed Onions with Minced Parsley
Whole-Wheat Bread and Butter
Shredded Lettuce with Fruit French Dressing
Marshmallow Frosted Chocolate Cake

Cheese and Rice Croquettes

(A GOOD HOUSEKEEPING TESTED RECIPE)

¼ c. butter or margarine
½ c. flour
1 c. bottled milk or ½ c. evaporated milk and ½ c. water
1 c. grated American cheese
¼ tsp. salt
Few grains pepper
Few grains paprika
2 c. cold cooked rice
Sifted dried bread crumbs
1 egg
2 tbsp. cold water

Melt butter in a saucepan. Add flour and blend. Add milk gradually while stirring, and cook until thickened. Add cheese, salt, pepper, and paprika, and cook until the cheese is melted. Chill well; add rice, and shape into croquettes about 2½" long by 1" wide. Roll in crumbs, then in the egg mixed with the water, then in crumbs again. Fry in deep hot fat at 390° F. until golden brown. Drain on absorbent paper and serve with or without sauce. Makes 12 croquettes.

*Scalloped Cheese and Hominy
Buttered Spinach
Heated Rolls
Sautéed Bananas
Celery
Grape Jelly
Caramel Custard (pg. 109)

Scalloped Cheese and Hominy

(A GOOD HOUSEKEEPING TESTED RECIPE)

½ lb. American cheese, grated
1½ c. bottled milk or ¾ c. evaporated milk and ¾ c. water, scalded
2 c. cooked hominy grits
1 tsp. salt
¼ tsp. pepper
1 tbsp. butter or margarine
2 eggs, beaten
Paprika

Combine all the ingredients; pour into a greased 1½-qt. baking dish and set in a pan of warm water. Bake in a slow oven of 325° F. for 1 hr. 10 min. Serves To serve 2 or 3, make half this recipe.

*Recipe given on these pages



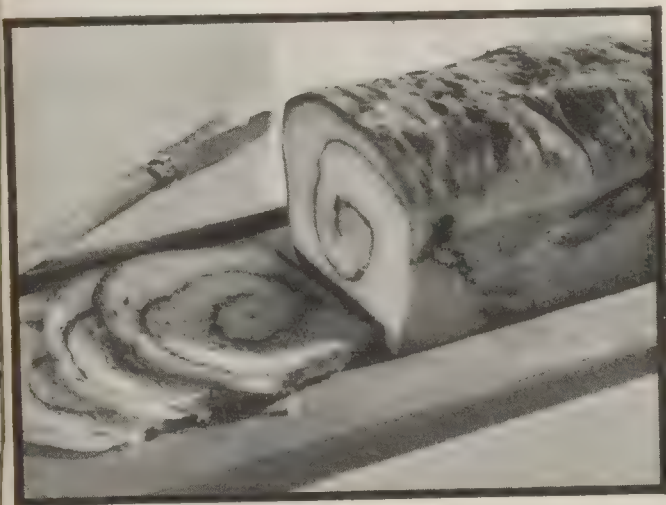
Moravian Bread

(A GOOD HOUSEKEEPING TESTED RECIPE)

½ recipe Raised Sweet Roll dough
(Recipe at left, below)

1 tbsp. melted butter or margarine
Orange marmalade

Make the Raised Sweet Roll dough; turn on to lightly floured board; knead until easily handled; roll to fit a greased pan, 9" x 9" x 1½". Place the dough in the pan and spread the entire surface with melted butter. Cover with a clean cloth and let rise until nearly double in bulk. Then with the floured handle of a wooden spoon, make shallow holes at 1" intervals over top of bread. Next put ½ tsp. orange marmalade in each hole. Bake at once in a hot oven of 400° F. for 35 min. Serve hot or cold, cut into slices. Serves 6 to 8.



Cinnamon-Roll Bread

(A GOOD HOUSEKEEPING TESTED RECIPE)

Once recipe Raised Sweet Roll dough
(Recipe at left)
1 tbsp. melted butter or margarine

¼ c. granulated sugar
1 tbsp. cinnamon

Make the Raised Sweet Roll dough; turn on to lightly floured board; knead until easily handled; roll ½" thick, and spread with the melted butter. Sprinkle with the sugar and cinnamon mixed. Roll up like a jelly roll and place seam side down in a greased loaf pan, 10" x 5" x 3½". Cover with a clean cloth and let rise until nearly double in bulk. Bake in a moderate oven of 375° F. 45 min. Brush with melted fat and remove to cake rack. Makes 1 large loaf.

Whole-Wheat Date Coffee Ring

(A GOOD HOUSEKEEPING TESTED RECIPE)

½ Recipe Raised Whole-Wheat Sweet Roll
dough (Recipe is below)
1 c. cold water
½ c. granulated sugar
1 tsp. salt
1 tbsp. flour

1 c. pitted dates
½ tsp. lemon extract
1 tsp. vanilla extract
1 c. confectioners' sugar
1½ tbsp. boiling water
¼ c. chopped walnut meats

Make the Raised Whole-Wheat Sweet Roll dough. With the cold water mix the granulated sugar, salt, flour, and dates cut in thirds. Simmer about 15 min. until thick, stirring occasionally. Cool; add lemon extract. Knead the dough until easily handled, then roll ¼" thick, spread with the date mixture, and roll up like a jelly roll. Shape into a ring in a 9" greased pie plate. Cut slashes through the top surface at 2" intervals, using scissors. Cover with a clean cloth and let rise until nearly doubled in bulk. Bake in a moderate oven of 375° F. for 50-60 min. While hot, spread with the combined anilla, confectioners' sugar, and boiling water. Top with nuts. Serves 6.

Raised Sweet Rolls

(A GOOD HOUSEKEEPING TESTED RECIPE)

1 c. scalded bottled milk or	4 tsp. shortening
½ c. evaporated milk and	1 compressed yeast cake
½ c. water, scalded	2 tbsp. lukewarm water
5 tbsp. granulated sugar	1 egg, well-beaten
1 tsp. salt	4 c. sifted all-purpose or bread flour

Combine the scalded milk with the granulated sugar, salt, and shortening, and cool until lukewarm (about 85° F.). Meanwhile soften the yeast cake in the lukewarm water, then stir into the first mixture. Next add the well-beaten egg and as much of the flour as can be stirred into the dough without kneading. Turn on to a lightly floured board, form into rolls, and arrange in greased pans. Cover with a clean cloth and let rise in a warm place (75° F. to 85° F.) until nearly double in bulk. Bake in a hot oven of 425° F. for 12-15 min. Remove from pan, brush with melted butter, and cool on a cake rack. Makes 2 doz. medium-sized rolls or 2 medium-sized loaves of bread. In making half this recipe, use one-half a beaten egg.

In using an electric beater or food preparer for mixing these rolls, we suggest the following directions: Place the scalded milk in the large beater bowl, and add the sugar, salt, and shortening. Cool to lukewarm; then add the yeast, which has been softened in the lukewarm water. Add the egg, unbeaten, and beat all at high speed for 1 min.; then turn the beater to medium speed and add 1½ c. of the flour, beating for 3 min. Add 1½ c. more of the flour, and beat at high speed until well blended, scraping the bowl and beater blades if necessary. Remove beater, and add as much of the remaining flour as can be stirred into the dough without kneading.

Refrigerator Rolls

Place Raised Sweet Roll dough in a bowl, brush surface with melted fat, cover tightly, and store in the refrigerator. This dough will keep for a week in cold weather, during which time it can be made up and baked as needed. Do not attempt to keep the dough during the summer months.

Whole-Wheat Sweet Rolls

Prepare Raised Sweet Roll dough, substituting for the flour called for 2 c. unsifted whole-wheat or graham flour and 2 c. of sifted all-purpose or bread flour, or enough to make a stiff dough. Shape, raise, and bake as above. Makes 2 doz. rolls or 2 medium loaves of bread.



Photographs by H. I. Williams

Coconut Buns

(A GOOD HOUSEKEEPING TESTED RECIPE)

Once recipe Raised Sweet Roll dough
(Recipe at right, below)
1 4-oz. can coconut, Southern style

1½ tsp. vanilla extract
2 c. confectioners' sugar
3 tbsp. boiling water

Make the Raised Sweet Roll dough, adding 1 c. of the coconut and ½ tsp. of the vanilla to the milk. Turn on to a lightly floured board; roll ¼" thick; cut into 2½" rounds. Place 2" apart in greased baking pans, cover with a clean cloth, and let rise until almost double in bulk. Bake in a moderate oven of 375° F. 12-15 min. Place on a cake rack and while hot, frost with frosting made by mixing the confectioners' sugar, boiling water, and 1 tsp. of the vanilla. Sprinkle with remaining coconut. Makes 2 doz. buns.

RIGHT now hearts need to be warmed and hopes bolstered: and that doesn't mean just yours and mine, but everybody's. How lucky that Christmas gives us the excuse to scatter friendship and love and hospitality all over the map. How exhilarating that for ten whole days any hour from luncheon to midnight is right for a party. How fortunate that entertaining is so simplified we can do it in one room—if that's all we have.

Life suddenly begins to look better. There are a hundred things to decide—whom you will ask (not forgetting the lonely ones), at what time you will celebrate, what you will serve, where and how you will serve it.

To help along the excitement our staff contributes four menus and a buffet supper table with a lordly white Christmas cake for its centerpiece. Then from the bottom of our hearts we wish you joy and peace and the chance to make some other person happier.

Christmas Eve Supper

CREAMED CHICKEN, SUPREME
STUFFED CELERY GREEN AND RIPE OLIVES
SALTED NUTS
POTATO CHIPS ASSORTED SANDWICHES
APRICOT MOUSSE* ICED ANGEL CAKE
COFFEE

Children's Supper Party

ORANGE JUICE
MINCED TURKEY IN POTATO SHELLS*
TOAST STRIPS CELERY BUTTERED PEAS
VANILLA ICE CREAM MOLDS STAR COOKIES
HOT CEREAL DRINK

Company Dinner

AVOCADO WITH LIME ICE*
CELERY HEARTS ASSORTED OLIVES
ROAST TURKEY, GIBLET GRAVY*
PARSLEY POTATOES SQUASH PUFF* BROCCOLI
CRANBERRY SAUCE DINNER ROLLS
ENDIVE AND WATERCRESS SALAD
FRENCH DRESSING
PLUM PUDDING, ROYAL SAUCE*
BITTER MINTS SALTED ALMONDS
COFFEE CIDER

Family Dinner

GRAPE AND APPLE COCKTAIL*
TOMATO SOUP
CELERY CURLS SWEET GHERKINS
ROAST STUFFED CHICKEN
DUCHESS POTATOES BRUSSELS SPROUTS
STRAWBERRY JAM TOMATO SLAW*
MINCE PIE COFFEE

Grape and Apple Cocktail

Select choice apples, peel and scoop into balls. Plunge into cold water to which a little lemon juice has been added. Skin and seed white grapes and mix with the apple balls and maraschino cherries. Pour over the fruit a mixture of cherry juice and orange juice. Chill. Serve in cocktail glasses.

Assorted Hors D'Oeuvres

Crisp stalks of celery filled with Roquefort and cream cheese paste; slices of firm ripe tomatoes with boneless sardines laid

BY SARAH FIELD SPLINT

across them; assorted olives; lengthwise halves of hard-cooked eggs stuffed with deviled ham and sprinkled with chopped parsley; small lettuce cups filled with highly seasoned potato salad garnished with pimiento; pickled beet balls; pickled onions; triangles of Swiss or American cheese sprinkled with paprika.

Avocado with Lime Ice

½ teaspoon gelatine ½ cup lime juice
2 teaspoons cold water Few grains salt
1½ cups water 1 egg white
1½ cups sugar Green coloring

Soak gelatine in cold water 5 minutes. Make a syrup by boiling the water and sugar together; add salt and gelatine and stir until gelatine is dissolved. Cool. Add lime juice and turn into refrigerator tray. When partly frozen turn out into a bowl, beat with an egg beater and return to refrigerator until it begins to freeze. Again turn into a bowl and beat in the stiffly beaten egg white. Add just enough coloring to give a delicate green. Return to tray and freeze. Chill avocados and cut in halves. Fill with the lime ice.

Giblet Gravy

Heart, liver, gizzard, neck 3 tablespoons fat
and wing tips of fowl Salt
4 tablespoons flour Pepper

Put heart, liver, gizzard, neck and wing tips in a saucepan. Cover with water and cook until tender; remove and save 2 cups stock. Remove meat from neck and wings and chop fine with the giblets. Pour off all but 3 tablespoons fat from roasting [Turn to page 74]

(Debit expense for these three items.) Bought ten shares of American Bank Stock at \$83.50, par value (Debit American Bank Stock.)

N. S. Nelson withdrew from the business, \$43.50. You make an additional investment of \$500. Bought merchandise, invoices 8, 9, and 10, \$1,459.70, paid freight on same, \$62.90. (Debit Merchandise with the freight.) S. Ryden owes us \$500, which is considered doubtful. We effect a settlement in full of account to date by receiving cash, \$350. (Debit Interest and Discount for amount of loss.) Bought additional office fixtures, \$51.35. Paid assessment No. 1, of 5 per cent., on American Bank Stock. (Compute this assessment on the par value of the stock.)

Jan. 24, 190

Sold J. W. Johnson, for cash, merchandise as per bill rendered, \$792.83, we prepaid freight on same, and charged to his account, \$29.60. Bought safe for office use, \$145; paid \$16.50 for delivering same. Paid W. Clark \$230, in full of salary to date. (Debit W. Clark.) Paid \$63.80 for advertising in *Daily Examiner*. (Debit "Advertising.") Cash sales, \$42.40. Bought wood and coal to use in business, \$27.40. Received cash, \$16.61, of J. D. Day in full for interest on his account to date. Cash sales, \$847.63. C. L. Howe prepays his acceptance, \$460.55, less \$10.50 for advance payment. (Debit Interest and Discount for the discount on this payment.) Received of J. W. Johnson, on account, \$29.60. Borrowed \$500 from S. J. Waugh, on our note at 30 days. Sold J. Alderson 5 sacks of coal out of that bought for our own use, \$5.65. (Credit Expense.) Cash sales, \$137.73. Received \$458.40 from E. P. Snyder on account.

Rule up your Cash Book and carry the balance forward.

Jan. 27, 190

An agreement has been made at the bank permitting you to overdraw your account; therefore, if at any time the credit side of your Cash Book exceeds the debit, it will probably be due to this fact.

Bought merchandise, invoices 11, 12, 13, and 14, \$11,124.42. Cash sales, \$321.21. Paid water tax, \$2.20. Deposited \$5 with the S. F. Gas Co. for a gas meter. (Debit Gas Meter Deposit.) Cash sales, \$27.72. Paid \$65.45 for acceptance in favor of the Bancroft Co. (Debit Merchandise.)

VEGETABLE SALAD RING

(See Photograph)

2 tablespoons gelatine
½ cup cold water
2 cups boiling water
1/3 cup sugar
1/3 cup vinegar
3 tablespoons lemon juice
1 teaspoon salt
1 cup shredded carrots
1 cup shredded celery
1 cup cooked peas
1 teaspoon minced chives

Soften gelatine in cold water; dissolve in boiling water. Add sugar, vinegar, lemon juice and salt. Chill. When gelatine begins to thicken, fold in vegetables, turn into ring mold and place in refrigerator. Serve with cucumber garnish; fill center with crisp lettuce. To make design, see points below.

CORNED BEEF LOAF

1 package prepared gelatine
1¾ cups boiling water
1 teaspoon Worcestershire sauce
½ teaspoon dry mustard
½ teaspoon grated onion
2 cups cooked corned beef, chopped fine
¾ cup mayonnaise

Dissolve gelatine in boiling water; add Worcestershire, mustard and onion. Chill. When slightly thickened, fold in corned beef and mayonnaise. Turn into small loaf pan and place in refrigerator to become firm. Unmold on serving plate and slice. With deviled eggs and cole slaw this makes a delicious luncheon or supper dish.

SOUTH SEAS SALAD

1 package lime-flavored gelatine
1 cup water
1 cup pineapple juice
1 tablespoon vinegar
¼ teaspoon salt
¼ cup chopped pimiento
1 cup shredded pineapple, drained
1 cup grated cucumber, drained

Dissolve gelatine in warm or hot water as directed; add pineapple juice, vinegar and salt. Chill. When slightly thickened fold in pimiento, pineapple and cucumber. Turn into molds and place in refrigerator until thoroughly chilled. Unmold on crisp shredded lettuce or watercress; serve with mayonnaise or other salad dressing.

Crêpes (French Pancakes)

(A GOOD HOUSEKEEPING TESTED RECIPE)

2 eggs
¼ c. bottled milk or ¼ c. evaporated milk and ¼ c. water
2 tsp. salt
¼ c. sifted cake or pastry flour

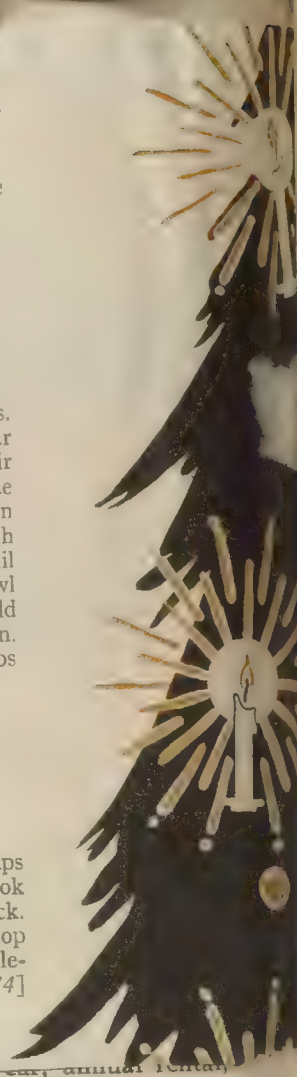
Beat the eggs with a hand beater or an electric beater at high speed; add the milk, and mix well. Combine the sugar, salt, and flour, and add the egg mixture gradually, stirring just enough to mix. For each pancake pour just enough batter into a greased skillet 6" in diameter, to cover the bottom. Cook each pancake over a low heat until a delicate brown on the bottom, and firm to the touch on top. Serve with plum jam and thick cream; or sprinkle with sugar. Makes 5 crêpes.

Lobster à la Newburg

(A GOOD HOUSEKEEPING TESTED RECIPE)

6 tbsp. butter or margarine
3 c. diced cooked fresh or canned lobster meat
Dash nutmeg
Dash paprika
2 tbsp. sherry
6 egg yolks
1½ c. heavy cream
Toast points

Melt the butter in the top of a double boiler; add the lobster, and cook directly





DIGESTIB

(use this recipe to m

DOUBLE-CRUST:
Crisco, 6 to 8 tables
SINGLE-CRUST: 1
Crisco, 4 to 6 tablesp
Crumbly Crisco Crust
Crisco, the digestible
finely. Add just enoug

Flaky Crisco Crust
sweet digestible shorte
cold water, just enoi

From here on, the
inch thick on lightly
inverted pie-plate. I
oven (450° F.) 15 mi
utes in hot oven (450°
Bake until filling is d



1. CHOCOLATE DANDY PIE

a fancy Crisco pastry that's digestible!

2 tablespoons flour
1/4 teaspoon salt
1/2 cup sugar
2 tablespoons cornstarch

2 cups hot milk
2 squares chocolate
2 eggs, beaten
1 teaspoon vanilla

Sift flour, salt, sugar and cornstarch. Combine with hot milk and cook until thick. Add chocolate broken into small pieces. Continue cooking until smooth. Stir in eggs. Cook a minute longer. Cool, add vanilla and pour into baked shell of—

Sweet Crisco Pastry: Sift 1 1/2 cups flour, 2 tablespoons powdered sugar, 1/2 teaspoon salt. Work in 1/2 cup Crisco finely (the digestible shortening). Mix 1 egg yolk and 2 tablespoons cold water. Add to above. If necessary, add 1 to 2 additional tablespoons cold water. Roll out lightly. Fit into medium pie-plate. Prick well. Bake in quick oven (425° F.) 12 to 15 minutes. Cool. Pour in filling. Cool. Decorate with 1/4 cup thick cream beaten stiff with 2 tablespoons powdered sugar.

2. BLUSH-APPLE PIE

rosy-tinted, thanks to cinnamon dro

5 large apples
3 slices pineapple, cubed
1/4 cup red cinnamon drops
1 teaspoon grated lemon rind

1/2 cup suga
2 tablespoo
1/2 teaspoon salt
2 tablespoo Crisco

Peel and slice apples. Add pineapple, mon drops and all dry ingredients. M and let stand while preparing doubl proportions of Digestible Crisco Past Master Recipe). Divide dough into tw Roll out lower crust. Line deep pi Brush bottom with melted Crisco to soaking. Fill with apple mixture. Di with Crisco (the sweet digestible fi brings out true flavor). Roll out uppe Make criss-cross or whole crust, wh you prefer, but slash whole crust to le escape. Dampen edge of lower crust crimping edge. Bake in hot oven (450° 10 minutes. Reduce heat to moderate (3 Bake 25 minutes longer.

P AND G

RINSES FAST . . G

Lead what happens when two neight
bright P AND G wash get outdoors t

UCY TUCKER: I never thought you'd get
grease out of Johnny's blue pants.

ANET MARTIN: Oh, I rubbed on a little P

CHOCOLATE PEPPERMINT CAKE

so easily made with creamy Crisco!

1/2 cup Crisco
1 cup sugar
2 egg yolks
2 squares unsweetened chocolate

1 1/2 cups flour
1/2 teaspoon salt
1 teaspoon soda
1 cup sour milk
1 teaspoon vanilla

Beat Crisco, sugar and egg yolks briskly. (No creaming with Crisco, the modern time-saving shortening that is so creamy and digestible!) Add chocolate, melted. Sift flour, salt and soda. Add to Crisco mixture alternately with the sour milk. Mix thoroughly. Add vanilla. Pour into square (7 1/2-inch) or oblong cake pan, rubbed with Crisco. Bake in moderate oven (350° F.) 50 to 60 minutes. Cool.

Easy Frosting: Put 1 1/2 cups granulated sugar, 2 unbeaten

egg whites and 1/2 cup water to cook over boiling water. Beat constantly for 4 minutes with Dover beater. Then add either 1/2 teaspoon peppermint flavoring or 1/4 cup crushed peppermint candy (after-dinner mints or patties). Continue beating until frosting is thick. Remove from boiling water. Continue beating until frosting is a spreading consistency. Spread over top and sides of cake. Melt 2 squares of unsweetened chocolate. Blend with 1 teaspoon Crisco. Pour and spread over top of cake, letting chocolate run down sides.

Crisco is the registered trade-mark of a shortening manufactured by the Procter & Gamble Company.



SNOWFLAKE CAKE

a truly white cake with snowy Crisco!

1/2 cup Crisco
1 1/2 cups sugar
2 1/2 cups cake flour
2 teaspoons baking powder

1/2 teaspoon salt
1 cup milk
4 egg whites
1 tablespoon lemon juice

To fluffy Crisco, add sugar. Beat briskly until light. (No creaming is needed with Crisco.) Sift flour, salt and baking powder. Add alternately with milk to Crisco mixture. Fold in stiffly beaten whites. Add lemon juice. Pour into two Criscoed layer cake pans (9-inch). Bake in moderately hot oven (375° F.) 20 to 25 minutes. Make 7-Minute Icing (see Orange Nectar Cake recipe. Leave out coconut).

Lady Baltimore Filling: To 1/4 cup of 7-Minute Icing add 1/4 cup chopped raisins, 1/4 cup chopped walnuts, 1/2 cup chopped steamed figs, 1/2 cup drained, chopped maraschino cherries. Blend well. Spread between cake layers. Then cover the entire cake with 7-Minute Icing.



TOASTED SPICE CAKE

the icing is baked!

1/2 cup Crisco
2 cups brown sugar (sifted)
2 eggs (separated)
1 teaspoon soda
1 1/2 cups sour milk
2 1/2 cups flour

1 teaspoon baking powder
1 teaspoon cloves
1 teaspoon cinnamon
1/2 teaspoon salt
1 teaspoon vanilla

Blend wholesome, fluffy Crisco with sugar and egg yolks in one brisk beating. (Crisco needs no preliminary creaming!) Dissolve soda in sour milk. Add milk alternately with all sifted dry ingredients. Add vanilla. Mix until smooth. Pour into a Criscoed and floured shallow pan (8" x 12"). Spread batter with—

Brown Sugar Meringue: Beat 2 egg whites (left from cake) until they hold a point but are not dry. Slowly add 1 cup of sifted light brown sugar and continue beating until smooth. Spread meringue over raw cake batter. Sprinkle with 1/2 cup of broken nutmeats. Bake in moderate oven (350° F.) for 45 to 50 minutes.



ORANGE NECTAR CAKE

so fluffy made with wholesome Crisco!

1/2 cup Crisco
1 1/2 cups sugar
3 eggs
grated rind of 1 orange (1/2 cup)
juice of 1 orange (1/2 cup)

1 tablespoon lemon juice
3 cups flour
4 teaspoons baking powder
1/2 teaspoon salt
1/2 cup water

Beat Crisco, sugar and eggs until light. (Fluffy Crisco needs no creaming before sugar and eggs are added!) Beat in orange rind and fruit juices. Add sifted dry ingredients alternately with water. Blend well. Bake in three Criscoed 8-inch layer cake pans in moderately hot oven (375° F.) 20 minutes. Cool. Spread layers and outside with—

7-Minute Icing: Put 1 1/2 cups sugar, 2 egg whites and 1/2 cup water to cook over boiling water. Beat with Dover beater 7 minutes—or until frosting is thick. Remove from hot water. Add 1/2 teaspoon vanilla. Continue beating until cool. Ice cake. Sprinkle with 1/2 cup shredded coconut.

Why Not Start with Dessert?

By Dorothy B. Marsh
Of the Institute Staff

SUNDAY

Orange Ice Cream

(A GOOD HOUSEKEEPING TESTED RECIPE)

- | | |
|----------------------------|----------------------------|
| 1 c. strained orange juice | 1 egg yolk, beaten |
| 2 tbsp. grated orange rind | 1 tsp. granulated gelatin |
| 2 tbsp. lemon juice | 2 tbsp. cold water |
| ½ c. granulated sugar | 1 egg white, beaten stiff |
| 1 tbsp. flour | 1½ c. heavy cream, whipped |
| Pinch salt | |

Heat the orange juice and rind and lemon juice in a double-boiler; add ¼ c. sugar, flour, and salt, combined, and stir until smooth. Cook 15 min. Pour over the egg yolk mixed with ¼ c. sugar; cook 2 min., or until the mixture coats the spoon. Add immediately the gelatin, which has been soaked 5 min. in cold water. Stir until dissolved; chill. Fold in egg white and cream; pour into freezing tray of automatic refrigerator and freeze, stirring every 30 min. until mixture holds shape. Serves 6. To serve 2 or 3, make half this recipe, using one egg.

MONDAY

Bran Butterscotch Refrigerator Cookies

(A GOOD HOUSEKEEPING TESTED RECIPE)

- | | |
|-------------------------------|---|
| 1 c. shortening | 3 c. sifted cake or pastry flour |
| 2 c. brown sugar | 2 tsp. tartrate or phosphate baking powder or 1 tsp. combination-type baking powder |
| 2 eggs, well-beaten | ½ tsp. salt |
| 1 c. ready-to-eat bran cereal | |

Cream the shortening well and add the sugar gradually while creaming. Add the eggs and the bran cereal, and beat well. Sift the flour, the baking powder, and the salt together; add to the first mixture, and blend thoroughly. Shape the mixture into a roll 2" in diameter. Wrap in wax or parchment paper, aluminum foil, or transparent cellulose sheeting, and store in the refrigerator. When needed, slice crosswise into cookies about ⅜" thick, arrange on greased baking sheet, and bake in a hot oven of 425° F. for 10 min. Makes about 4 doz. cookies. Store in tightly covered container.

TUESDAY

Gingerbread with Date, Nut, and Cheese Filling

(A GOOD HOUSEKEEPING TESTED RECIPE)

- | | |
|-----------------------------------|-----------------------------|
| ½ c. shortening | 1 tsp. cinnamon |
| ½ c. granulated sugar | 1 tsp. ginger |
| 1 egg, well-beaten | ½ tsp. salt |
| 1 c. molasses | 1 c. hot water |
| 2½ c. sifted cake or pastry flour | 2 3-oz. pkg. cream cheese |
| 1½ tsp. baking soda | ¼ c. top milk |
| ½ tsp. powdered cloves | 1 c. pitted dates, cut fine |
| | ½ c. chopped walnut meats |

Cream the shortening; add the sugar gradually while blending. Add the egg and molasses. Then add the dry ingredients, sifted together, and the hot water alternately, and mix well. Bake in 2 greased and floured 8" layer-cake pans in a moderate oven of 375° F. for 30-35 min. or until done. Mix the cream cheese, milk, dates, and nutmeats, and spread between layers. A packaged prepared gingerbread mixture may be used.

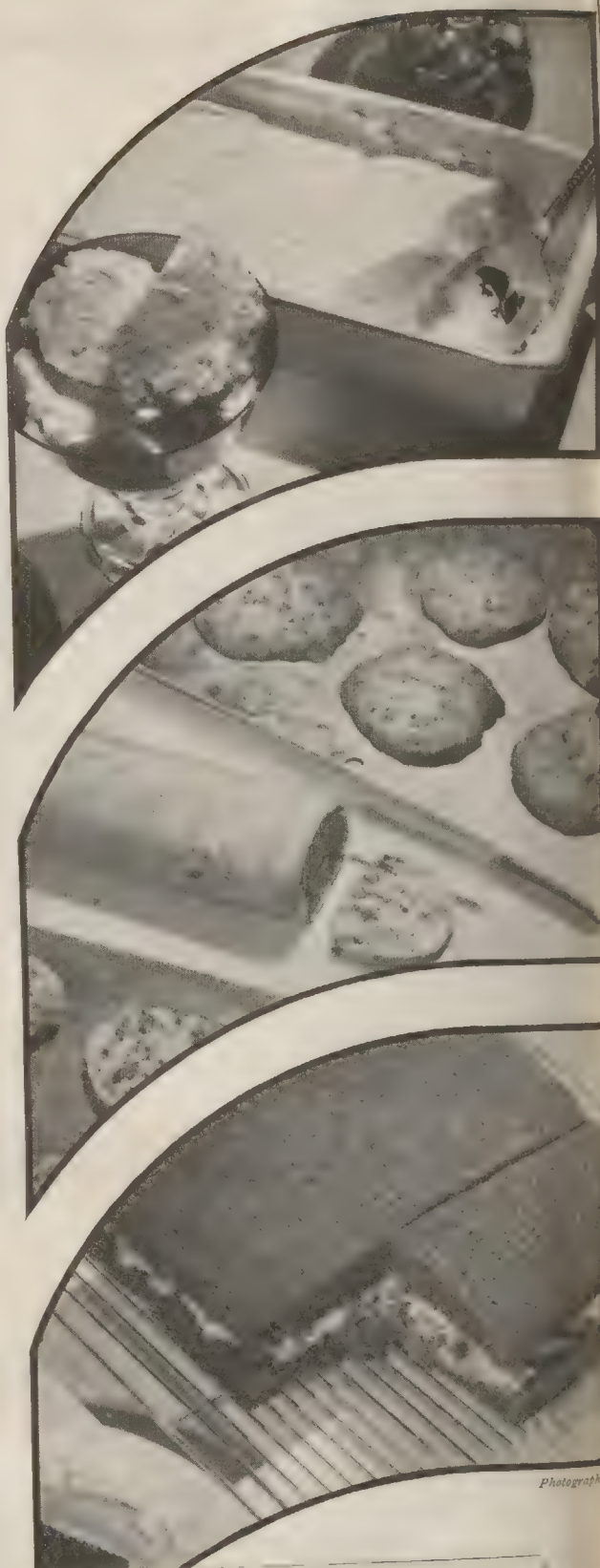
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No.

4	M " Pine Flooring, 1x4-12
10	M 6" Clear Shingles
6	M Lath

Paid,

C.



Photographs by

Lunch at Home

- | | |
|--|---------------|
| RICE SOUFFLÉ | CELERY HEARTS |
| BREAD AND BUTTER | COOKIES |
| STEWED PEARS | MILK |
| CANNED SPAGHETTI WITH TOMATO SAUCE | COOKIES |
| BREAD AND BUTTER | MILK |
| PRUNE WHIP | MILK |
| VEGETABLE SOUP | |
| WHOLE-WHEAT BREAD AND LETTUCE SANDWICH | |
| MAPLE CUP CUSTARD | |
| MALT-COCOA OATMEAL COOKIES | |
| MILK | |
| SCALLOPED OYSTERS AND CELERY | |
| ROLLS AND BUTTER | |
| PINEAPPLE AND CARROT SALAD | |
| MILK | |

Box Lunches

- | | |
|--|------|
| CREAM CHEESE AND DEVEILED HAM SANDWICH | |
| CHOPPED VEGETABLE SANDWICH | |
| BANANA | MILK |
| CREAM OF PEA SOUP | |
| HARD-COOKED EGG AND OLIVE SANDWICH ON | |
| WHOLE-WHEAT BREAD | |
| MARSHMALLOW AND PEANUT-BUTTER CRISPS | |
| ORANGE | MILK |
| BACON SANDWICH WITH CHOPPED PICKLE | |
| FIG AND PEANUT SANDWICH | |
| SLICED FRUIT IN JAR | MILK |
| OATMEAL COOKIES | |

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"Near" Black Bean Soup
(A GOOD HOUSEKEEPING TESTED RECIPE)

1 lb.-5 1/4-oz. cans kidney beans
1/2 c. water
1/2 c. canned beef consommé
Dash black pepper
1/4 tsp. powdered cloves
1 tsp. prepared mustard
1 bay leaf
1 shelled, hard-cooked egg
1 lemon, sliced thin

COMBINE the beans and 1/2 c. of the water in a saucepan and bring to a boil. Force this mixture through a sieve or a potato ricer, and add the consommé, the remaining water, the black pepper, cloves, mustard, and bay leaf, and simmer for 15 min. Remove the bay leaf, add the egg sliced, and serve with a slice of lemon in each serving dish. Makes 1 qt. soup. One tsp. dry mustard mixed to a smooth paste with 1 1/2 tsp. water may be substituted for the prepared mustard. Incidentally the lemon ice makes a sprightly contribution—just press it slightly with your spoon before you take your first taste.

My father used to make Dried Lima Tomato Soup when was a small boy, and because he made his own stock, it took a long time. But there is a shorter way to make it with canned soup.

Dried Lima Tomato Soup
(A GOOD HOUSEKEEPING TESTED RECIPE)

2 c. dried limas
2 1/2 qts. water
1/2 c. pared carrot, sliced crosswise
1/2 c. minced onion
1 c. pared parsnip, sliced crosswise
1 10 1/2-oz. can condensed tomato soup
1 1/2 c. canned beef bouillon
2 1/2 c. water
2 tsp. salt
1/2 tsp. pepper
2 tbsp. butter or margarine

WASH the limas. Combine with the 2 1/2 qts. water, carrot, onion, and parsnip if you like it, and cook until all the vegetables are tender—about 1 1/2 hrs. Put the entire contents through a coarse sieve or potato ricer. Combine this purée with the remaining ingredients in a saucepan and heat—that's all there is to it. When you taste that soup, you'll be delighted with its smooth consistency and delicate flavor. Makes 9 c. The amount of salt needed in this recipe will vary with the seasoning in the stock used.

There's something about onion soup that makes it welcome even with people who say they don't like onions. It has rather unusual qualities. A plate of it is a wonderful appetizer for a dinner, yet it is substantial enough to be used as the main course for luncheon or supper. Canned onion soup may now be had. To be successful in making it yourself, use a strong beef broth and plenty of well-browned onions. To get the former, canned bouillon is excellent, and with a couple of cans on hand you follow this recipe:

Onion Soup I
(A GOOD HOUSEKEEPING TESTED RECIPE)

4 c. thinly sliced large onions
1/2 c. butter or margarine
1/4 tsp. pepper
2 1/2 c. canned beef bouillon
2 1/2 c. water
6 rounds toast, 2 3/4" diameter
2 tbsp. grated Parmesan cheese

SAUTÉ the onions in the butter until they are a rich golden brown, sprinkling them with the pepper while cooking. Add the browned onions to a kettle containing the bouillon and the water which have been heated to the boiling point. Continue the boiling gently for at least half

*Veal Blanquette
Buttered String Beans with Brown Onion
*Peach Lime Sponge
Coffee
Curried Macaroni Elbows

Friday November 6

Baked Ham Steaks
Green Lima Beans
*Beef Cup Salad with Celery Mayonnaise
*Mincemeat Betty
Fruit Cup
Sweet Potato and Apples
Hot India Relish
Crisp Whole-Wheat Crackers
*Quince-mallow Sauce
Coffee

Thursday February 9

Cream of Oyster Soup
*Tonque in Grape Juice
*Baked Apple Halves with Black Currant Jam
*Puffed Crackers
*Bean Purée
*Braised Endive
*Butterscotch Cream
Coffee

Tuesday April 26

Tomato Juice Cocktail
Roast Boned Leg of Lamb
*Rice Patties with Mint Jelly
Baked Artichokes with Buttered Crumbs
*Lemon Chiffon Pie
Deviled Egg Canapés
*Franconia Carrots
Tiny New Potatoes
Radishes
Strawberry Shortcake
Coffee

Thursday June 9

*Cucumbers Stuffed with Savory Cheese Relish
Toasted Butter Wafers
*Roast Filets of Duck in Brown Bay Sauce
Fresh Peas
*Green Grape Jelly
Strawberry Shortcake
Coffee

Sunday August 21

Supper
*Jellied Celery Consommé
Creamed Mushrooms
*Broiled Tomato Halves with Cheese
Sponge Cake Ring with Fresh Peaches and
*Caramelized Seed Cream
Anchovy Canapés
Bacon Curls
Croûtons

(Beef in Casserole)

(A GOOD HOUSEKEEPING TESTED RECIPE)

6 strips bacon
3 lbs. round steak in 2" pieces
Flour
1 1/2 c. cold water
1 1/2 tsp. salt
3 peeled cloves garlic
9 peeled medium onions
9 pared and sliced carrots
12 peppercorns
8 cloves
4 bay leaves

Cook the bacon in a skillet until light brown but not crisp. Remove, drain on absorbent paper, and cut into 1" pieces. Sprinkle the beef with flour, and brown on all sides in the bacon fat. Add the cold water and salt, bring to a boil, and turn into a large casserole, deep skillet, or Dutch oven. Add the remaining ingredients and bacon, cover, and bake in a slow oven of 300° F. for 3 hrs. or until tender. This may be cooked over a very low heat on top of the stove in a covered skillet or Dutch oven. Serves 6. To serve 2, make one-third this recipe.

Filet de Sole Bonne Femme
(Sole with Mushroom Sauce)

(A GOOD HOUSEKEEPING TESTED RECIPE)

1 tbsp. butter or margarine
1/4 c. minced onion
2 1/4 lbs. filet of sole
1 1/2 c. sliced mushrooms
6 tbsp. white wine
6 tbsp. water
4 egg yolks
1 1/2 tsp. minced parsley

Melt the butter in a large skillet; then remove from heat. Sprinkle the bottom of this skillet with the onion; then arrange the fish filets on top. Sprinkle with the mushrooms, and add the wine and water. Bake uncovered in a hot oven of 450° F. for 20-25 min. or until the fish is tender and jelly-like. Remove from the oven and arrange the fish on a heat-proof platter. Beat the egg yolks slightly in a double-boiler and add gradually the liquid in which the fish was baked. Place over hot water and cook, stirring constantly until smooth and thick. (If the sauce curdles, beat with an egg beater until smooth.) Pour the sauce over the fish and place under a medium broiler heat for 2-3 min. Sprinkle with the parsley, and serve at once. Serves 6. To serve 2 or 3, make half this recipe. For the wine and water 3/4 c. water and 1 1/2 tsp. vinegar may be substituted.

Bisque d'Ecrevisse
(Cream of Crab Soup)

(A GOOD HOUSEKEEPING TESTED RECIPE)

6 tbsp. butter or margarine
1 1/2 c. diced pared carrots
1/2 c. minced onion
1/2 c. diced celery
1 bay leaf
1 sprig thyme
3 6 1/2-oz. cans crab meat or 3 c. fresh crab meat
6 c. water
2 1/4 tsp. salt
3 tbsp. flour
1 1/2 c. top milk or thin cream
Paprika

Melt 2 tbsp. of the butter in a skillet; add the carrots, onion, celery, bay leaf, and thyme, and cook 5 min. Reserve 6 firm pieces of the crab meat, and add the rest to the vegetables. Add the water and salt, and cook 20 min.; strain. Melt the rest of the butter in a double-boiler; remove from the heat, add the flour, and blend. Add the strained liquor, and cook until thick and smooth, stirring frequently. Add the top milk and the reserved pieces of crab meat, and heat well. Serve sprinkled generously with paprika. Serves 6. To serve 2 or 3, make one-third this recipe.

Omelette à la Poulard

(A GOOD HOUSEKEEPING TESTED RECIPE)

9 eggs
6 tbsp. butter or margarine

Beat the eggs with a hand beater or an electric beater at high speed for several minutes or until light and very foamy. Melt the butter in a skillet over low heat; add the eggs, and stir several times. Continue cooking over low heat, pushing back the edges and letting the liquid and foam run down into the skillet as the omelet sets. There will be some foam remaining on top. Increase the heat and shake the skillet until the omelet loosens from the skillet and is a delicate brown. Fold the omelet in two with a

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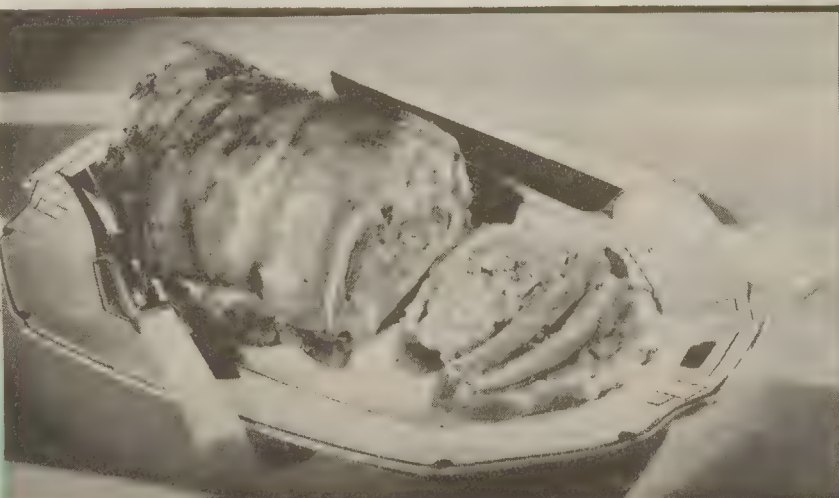
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telaine, March, 1934

ARE INTERESTING



LAMB ROLL is an inexpensive cut. The front quarter with the bone removed is used. The unusual "stuffing" makes this a delicious roast, attractive in appearance and good either hot or cold.

Lamb Roll

- 1 Lamb roll (about 4 lbs.)
- Salt and pepper
- 2 Small onions
- 2 Tablespoonfuls of butter
- 1 Can of peas (No. 2)
- 4 Drops of oil of spearmint,
or a little chopped fresh
mint

Peel the meat with a damp cloth, remove
kewers and strings and unroll. Sprinkle
inside with salt and pepper. Peel and

slice the onions in thin slices and sauté in the
butter until delicately browned. Drain the
liquid from the peas and mash them with a
fork. Add the spearmint and spread this
mixture over the inside of the roll. Cover
with the cooked onions, reroll and skewer
or tie. Dredge the roll with salt, pepper and
flour and place, fatty side up, in a roasting
pan. Cook in a hot oven—500 degrees Fahr.
—until all sides are browned, reduce the
heat to 350 degrees Fahrenheit and cook
until tender (about two hours). Approx-
imately eight servings.

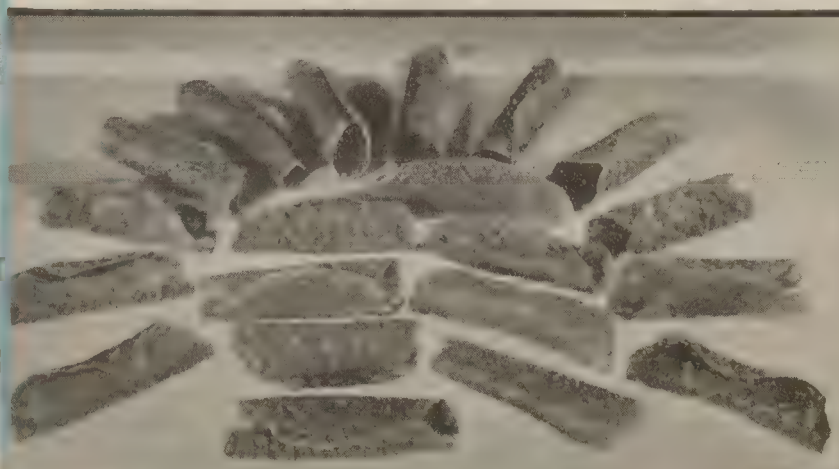
DANDY SNAPS are often called Brandy Snaps, but Dandy Snaps is
our name for them. Crisp and dainty with a real old-fashioned flavor.

Dandy Snaps

- $\frac{1}{2}$ Cupful of mild molasses
- $\frac{1}{2}$ Cupful of butter
- 1 Cupful of sifted pastry flour
- $\frac{3}{8}$ Cupful of granulated sugar
- 1 Teaspoonful of ginger

Put the molasses to boiling point, add
butter and allow to melt. Carefully add
mixed and sifted dry ingredients, com-

binning so that there are no lumps, and drop
from a teaspoon on to a well buttered baking
sheet. Bake in a slow oven—300 degrees
Fahr.—for ten to fifteen minutes or until
thin and bubbly and nicely browned.
Remove from the oven, allow to cool a little
—just enough that the wafers may be
pulled from the baking sheet—and roll with
the top side out. If the wafers become too
hard to roll, place the baking sheet in the
oven for a few seconds.



6" Clear Shingles

6" Clear Shingles.

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6" Clear Shingles.

6" Clear Shingles.

6" Clear Shingles.

6" Clear Shingles.

2 M Lath.

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750 Lath.

500 Lath.

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250 Lath.

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Savory Bread Stuffing

(A GOOD HOUSEKEEPING TESTED RECIPE)

- | | |
|----------------------------|---------------------------------|
| 1/2 c. boiling water | 1 tbsp. poultry seasoning |
| 1/4 c. butter or margarine | 2 tbsp. dry or prepared mustard |
| 1/2 c. minced onion | 2 tbsp. chopped celery |
| 1/2 tsp. pepper | 2 tbsp. chopped parsley |
| 1/2 tsp. salt | |
- 3 qts. stale (not hard) bread crumbs

Combine the boiling water, butter, and minced onion, and cook 5 min. Add the pepper, salt, poultry seasoning, mustard, celery, parsley, and crumbs, and mix well. Stuff a bird weighing 8 lbs. after it is dressed. Sage may be substituted for the poultry seasoning. And don't forget that it saves time to stuff the bird the night before you roast it.

Stewed Tomatoes and Mushrooms

(A GOOD HOUSEKEEPING TESTED RECIPE)

- | | |
|---|-----------------------------|
| 1/2 c. butter or margarine | 1 No. 3 can tomatoes (4 c.) |
| 1 lb. fresh mushrooms, quartered, or 1 4-oz. can mushroom caps, drained | 1 tsp. minced onion |
| | 2 tsp. salt |
| | 1/2 c. granulated sugar |
| | 2 tbsp. flour |
| | 1/8 tsp. pepper |

Melt the butter in a skillet. Add the fresh mushrooms which have been stemmed, washed, and quartered, and sauté them until tender. Then add the remaining ingredients, first mixing the sugar with the flour. Simmer 10 min. Serves 6. To serve 2, make one-third this recipe. In using canned mushrooms, drain and sauté them in the butter until golden brown. Then proceed as directed.

Spiced Grape Juice Cocktail

(A GOOD HOUSEKEEPING TESTED RECIPE)

- | | |
|---------------------------|-----------------------|
| 1 pt. bottled grape juice | 1/4 tsp. nutmeg |
| 1/4 tsp. cinnamon | Speck powdered cloves |

Combine the grape juice, cinnamon, nutmeg, and powdered cloves in a saucepan and simmer for 5 min. Strain through fine cheesecloth and chill. Pour into cocktail or sherbet glasses and serve as a first course either at the table or in the living room. Serves 6.

Christmas Frozen Pudding

(A GOOD HOUSEKEEPING TESTED RECIPE)

- | | |
|-------------------------|--|
| 1/2 c. granulated sugar | 1/4 c. coarsely chopped canned pineapple |
| 1/2 c. water | 1/4 c. candied cherries, coarsely cut |
| 2 egg whites | 1/4 c. Sultanina raisins, cut fine |
| 1 pt. whipping cream | |
| 1 tsp. vanilla extract | |

Boil the sugar and water together to 230° F. or the thread stage. Beat the egg whites and the cream in separate bowls until stiff, using a hand beater or an electric beater at high speed. Pour the sugar syrup slowly over the beaten egg whites while continuing to beat, and beat until cool. Fold in the whipped cream, vanilla, and prepared fruits. Turn into the freezing tray of an automatic refrigerator and freeze until set. Serves 8 to 10. If you prefer, you may freeze the pudding 3 to 4 hrs. in a 1 1/2-qt. covered mold, using two parts of ice to one of ice-cream salt.

Chicken Salad

- 2 Cupfuls of cooked, diced chicken
- 3/4 Cupful of chopped celery
- 1/2 Cupful of apple, cut in shreds
- 1/2 Cupful of toasted, blanched almonds, coarsely chopped
- 1/2 Cupful of French dressing
- Mayonnaise

Prepare the ingredients, combine the chicken, celery, apple and almonds and mix lightly with the French dressing. Allow to stand for half an hour in a cold place. Add mayonnaise to moisten and arrange the salad in a large bowl, lined with crisp, curly lettuce leaves.

Cranberry and Banana Tarts

- 2 1/2 Cupfuls of cranberries
- 1 3/4 Cupfuls of sugar
- 1/2 Cupful of hot water
- Small bananas (sliced)
- Tart shells

Savory Meat Loaf

- 2 Pounds of ground round steak
- 2 Cupfuls of crushed corn flakes
- 1 Egg
- 1 Cupful of canned tomato soup, undiluted
- 1 Teaspoonful, or more, of salt
- 1/4 Teaspoonful of pepper
- 1 Cupful of boiling water
- 4 or 5 Strips of side bacon

Add the crushed corn flakes and the beaten egg to the ground meat and mix thoroughly. Add the tomato soup and the seasonings and shape into a loaf. Place in a roasting pan, pour the boiling water over the loaf and lay the strips of bacon across the top. Bake in a moderate oven—350 degrees Fahr.—for thirty-five to forty-five minutes. Six to eight servings.

Grapenut Bread

- 1 Cupful of Grape Nuts
- 2 Cupfuls of scalded milk
- 1 Egg
- 3/4 Cupful of sugar
- 3 Cupfuls of sifted pastry flour
- 4 Teaspoonfuls of baking powder
- 1 Teaspoonful of salt

Pour the scalded milk over the Grape Nuts and allow to stand until cool. To this mixture add the beaten egg, the sugar and the flour which has been sifted with the baking powder and salt. Turn into a greased loaf pan, let stand for fifteen or twenty minutes and bake in a moderate oven—350 degrees Fahr.—for one and a half hours.

Roman Meal Date Bread

- 1 Cupful of dates, stoned and chopped
- 1 Teaspoonful of baking soda
- 3/8 Cupful of boiling water
- 3/8 Cupful of sour milk
- 2 1/2 Cupful of brown sugar
- 1 Small egg
- 1 Tablespoonful of melted butter
- 1 Cupful of sifted pastry flour
- 3/4 Teaspoonful of salt
- 1/8 Cupful of Roman Meal

Wash and stem the cranberries. Add the sugar and water and cook in a covered saucepan for five minutes. In the bottom of unbaked tart shells, which may be heart-shaped for Valentine entertaining, put a layer of rather thinly sliced bananas. Fill the shell with the cranberry mixture and bake in a hot oven—450 degrees Fahr.—for ten to fifteen minutes or until the pastry is nicely browned.

Sauerkraut Salad

- 3 Cupfuls of well-chilled sauerkraut
- 9 or 10 Olives, cut in small pieces
- 2 Hard-cooked eggs
- Finely chopped pimiento
- 4 Tablespoonfuls of salad oil or mayonnaise

Combine the sauerkraut, chopped olives, chopped hard-cooked eggs and the pimiento, and mix lightly with the salad oil or mayonnaise. Serve in a nest of crisped cabbage leaves and garnish with watercress.

Cranberry Ginger Fizz

- 1 Quart of cranberry juice
- 1/2 Cupful of orange juice
- 1/2 Cupful of lemon juice
- 1 Quart of ginger ale

Prepare the cranberry juice, as follows. Cook together four cupfuls of washed cranberries and four cupfuls of water. When the

Sprinkle the baking soda over the stoned chopped dates, add the boiling water, mix well and allow to stand until cool. Dissolve the brown sugar in the sour milk, add the slightly beaten egg and the melted butter and combine this mixture with the cooled dates. Sift the flour and salt together and add to the first mixture. Lastly add the Roman Meal. When thoroughly combined, turn into a greased loaf tin and bake in a fairly slow oven—325 degrees Fahr.—for one to one and a quarter hours. This amount makes one medium-sized loaf.

Scotch Parkin

- 1/2 Cupful of shortening
- 1/2 Cupful of sugar
- 1/2 Cupful of molasses
- 1 1/2 Cupfuls of sifted flour
- 1/2 Teaspoonful of soda
- 1 Teaspoonful of mixed spice
- 1 Cupful of rolled oats or oatmeal

Cream together the shortening and sugar and add the molasses. Mix and sift the flour, soda and spice and combine with the first mixture. Add the rolled oats, mix well and turn into a greased pan to a depth of about half inch. Bake in a slow oven—300 to 325 degrees Fahr.—until the centre feels firm (from one to one and a quarter hours).

Fig Bran Muffins

- 2 Tablespoonfuls of shortening
- 1/3 Cupful of brown sugar
- 1 Egg
- 1 1/2 Cupfuls of sifted pastry flour
- 1/2 Teaspoonful of baking soda
- 1 Teaspoonful of baking powder
- 1/8 Teaspoonful of salt
- 1 Cupful of sour milk
- 1 Cupful of natural bran
- 1/2 to 3/4 Cupful of chopped figs

Cream the shortening and sugar together and add the beaten egg. Sift together the flour, baking soda, baking powder and salt and add alternately with the sour milk to the creamed mixture. Add the bran and the chopped figs, mix well and turn into greased muffin tins. Bake in a moderate oven—350 deg. Fahr.—for about half hour. This amount makes twelve to fifteen muffins depending on the size of the tins.

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berries are soft, strain through cheesecloth and bring the juice to boiling point. Add two-thirds cupful of sugar and boil for two minutes. Set aside to chill.

Combine the cranberry juice, the orange and lemon juices and chill thoroughly. Just before serving, add the ginger ale which has been thoroughly chilled.

Valentine Layer Cake

Make your favorite recipe for a white cake in heart-shaped pans if they are available. If not, the cake may be baked in two square tins and later cut in heart shapes. Put the two layers together with a filling of raspberry or strawberry jam or currant jelly, and cover the whole cake with fluffy white icing. Over this, while it is still soft, sprinkle shredded cocoanut which has been tinted pink.

A round layer cake, iced with fluffy icing, may be decorated with red cinnamon candies, arranged in the shape of a heart.

Two Sandwich Fillings

Blend one package of white cream cheese, one-quarter cupful of finely chopped walnuts and ten or twelve candied cherries which have been cut into small pieces. Moisten with a little cream if necessary and spread between heart-shaped pieces of buttered white bread.

Mash shrimps with salt and a dash of cayenne. Add an equal amount of creamed butter and moisten with vinegar or lemon juice.

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Meals of the Thirty-one Menus

1 BREAKFAST

Tomato Juice
Cereal Jam
Toast Coffee Cocoa

2 (Friday)

Grapefruit
Cereal Syrup
Hot Biscuits Coffee Cocoa

3

Stewed Figs
Bacon Jelly
Toast Coffee Cocoa

4 (Sunday)

Orange Juice
Cereal Parsley Omelet Jam
Toast Coffee Cocoa

5

Stewed Apples
Bread and Milk
Toasted Rolls Conserve
Coffee Cocoa

6

Sliced Bananas
Cereal Jam
Toast Coffee Cocoa

7

Cereal with Chopped Dates
Toast Stewed Fruit
Coffee Cocoa

8

Orange Halves
Bacon Marmalade
Toast Coffee Cocoa

9 (Friday)

Tomato Juice
Cereal Honey
Bran Muffins Coffee Cocoa

10

Apricots
Cereal Jelly
Toast Coffee Cocoa

11 (Sunday)

Grapefruit
Cereal Poached Eggs on Toast
Coffee Cocoa

12

Orange Juice
French Toast
Maple Syrup
Coffee Cocoa

13

Apples
Cereal Jam
Toast Coffee Cocoa

14

Tomato Juice
Cereal Jam
Coffee Cake Cocoa

15

Half Grapefruit
Bacon Jam
Toast Coffee Cocoa

16 (Friday)

Sliced Bananas
Cereal
Toast Stewed Fruit
Coffee Cocoa

LUNCHEON or SUPPER

Cold Meat
Potato Cakes Pickles
Jellied Fruit Salad
Sweet Rolls Cocoa

Spanish Rice
Hard Rolls
Apple Sauce
Ginger Cookies
Tea Cocoa

Vegetable Soup
Sardine Salad
Brown Bread and Butter
Jam Turnovers
Tea Cocoa

Pigs-in-Blankets
Assorted Relishes
Rolls
Cocoanut Layer Cake
Tea Cocoa

Welsh Rarebit
Pickles
Canned Raspberries
Leftover Cake
Tea Cocoa

Onion Soup
Crackers
Johnny Cake Syrup
Tea Cocoa

Chicken Haddie Heated with
Milk
Pan-fried Potatoes
Diced Fruit Salad
Tea Cocoa

Macaroni and Cheese
Head Lettuce with Dressing
Apple Sauce
Cookies
Tea Cocoa

Creamed Eggs on Toast
Fruit Jelly Whipped Cream
Tea Wafers Cocoa

Mulligatawny Soup
Grilled Frankfurters in Split
Rolls
Baked Apples
Tea Cocoa

Ramekin of Shrimps, Peas
and Mushrooms
Brown Bread and Butter
Chilled Apricot Whip
Tea Small Cakes Cocoa

Cream of Vegetable Soup
Toasted Cheese Sandwiches
Pickles
Canned Cherries
Tea Cocoa

Creamed Chipped Beef on
Toast
Mixed Fruit Cup
Sponge Cake
Tea Cocoa

Clam Chowder
Apple, Celery and Nut Salad
Muffins or Toasted Coffee Cake
Tea Cocoa

Baked Vegetable Macedoine
Bread and Butter
Baked Peaches with Cocoanut
Fruit Bread
Tea Cocoa

Baked Fillet of Haddie
Hashed Brown Potatoes
Ice Cream
Peach Sauce
Tea Cookies Cocoa

DINNER
Barley Broth
Baked Sausages Mash. Potatoes
Corn (canned)
Cocoanut Blanc Mange
Coffee with Tart Jelly Tea

Steamed Salmon Loaf
Egg Sauce
Boiled Potatoes Asparagus
Lemon Meringue Pie
Coffee Tea

Veal Chops
Creamed Potatoes
Buttered Beets
Chocolate Bread Pudding
Coffee Tea

Tomato Consommé
Roast of Pork
Baked Apple Rings
Franconia Potatoes Spinach
Pineapple Ice Cream
Small Cakes
Coffee Tea

Individual Pork Pies
Steamed Rice Green Beans
Maple Cottage Pudding
Coffee Tea

Savory Meat Loaf
Mashed Potatoes
Boiled Cabbage
Apple Whip
Custard Sauce
Coffee Tea

(Vegetable Plate)
Scalloped Lima Beans
Diced Beets Baked Onions
Buttered Parsnips
Baked Ginger Pudding
Hard Sauce
Coffee Tea

Asparagus Soup
Lamb Chops
Creamed Potatoes
Buttered Carrots
Steamed Fruit Dumplings
Coffee Tea

Broiled Halibut Steak
with Lemon
Baked Potatoes
Stewed Tomatoes
Rice Pudding with Raisins
Coffee Tea

Meat Balls
Brown Gravy
Mashed Potatoes
Creamed Celery
Spanish Cream
Coffee Tea

Fried Chicken
Giblet Gravy
Riced Potatoes Stewed Corn
Steamed Carrot Pudding
Brown Sugar Sauce
Coffee Tea

Baked Cottage Roll
Potato Puff Cole Slaw
Banana Shortcake
Cream
Coffee Tea

Julienne Soup
Cold Sliced Cottage Roll
Baked Potatoes
Scalloped Spinach
Dried Fruit Pie
Coffee Tea

Salmon Croquettes
Buttered Noodles Peas
Cherry Trifle
Coffee Tea

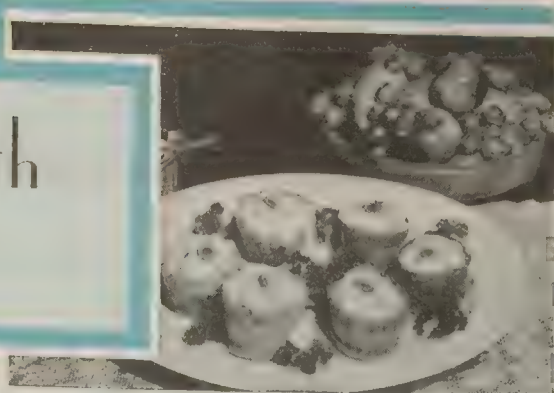
Grilled Steak
Fried Onions
Mashed Potatoes
Green Beans
Chocolate Nut Blanc Mange
Coffee Tea

Spinach and Poached Eggs
Scalloped Potatoes
Buttered Carrots
Black Currant Roly-poly
Tea Foamy Sauce Coffee

Chatelaine, March, 1

f the Month

Venus for March



Sprinkle the baking soda over the stoned chopped dates, add the boiling water, mix well and allow to stand until cool. Dissolve the brown sugar in the sour milk, add the slightly beaten egg and the melted butter and combine this mixture with the cooled dates. Sift the flour and salt together and add to the first mixture. Lastly add the Roman Meal. When thoroughly combined, turn into a greased loaf tin and bake in a fairly slow oven—325 degrees Fahr.—for one to one and a quarter hours. This amount makes one medium-sized loaf.

Scotch Parkin

- 1/2 Cupful of shortening
- 1/2 Cupful of sugar
- 1/2 Cupful of molasses
- 1 1/2 Cupfuls of sifted flour
- 1/2 Teaspoonful of soda
- 1 Teaspoonful of mixed spice
- 1 Cupful of rolled oats or oatmeal

Cream together the shortening and sugar and add the molasses. Mix and sift the flour, soda and spice and combine with the first mixture. Add the rolled oats, mix well and turn into a greased pan to a depth of about half inch. Bake in a slow oven—300 to 325 degrees Fahr. until the centre feels firm (from one to one and a quarter hours).

Fig Bran Muffins

- 2 Tablespoonfuls of shortening
- 1/2 Cupful of brown sugar
- 1 Egg
- 1 1/2 Cupfuls of sifted pastry flour
- 1/2 Teaspoonful of baking soda
- 1 Teaspoonful of baking powder
- 1/2 Teaspoonful of salt
- 1 Cupful of sour milk
- 1 Cupful of natural bran
- 1/2 to 3/4 Cupful of chopped figs

Cream the shortening and sugar together and add the beaten egg. Sift together the flour, baking soda, baking powder and salt and add alternately with the sour milk to the creamed mixture. Add the bran and the chopped figs, mix well and turn into greased muffin tins. Bake in a moderate oven—350 deg. Fahr.—for about half hour. This amount makes twelve to fifteen muffins depending on the size of the tins.

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berries are soft, strain through cheesecloth and bring the juice to boiling point. Add two-thirds cupful of sugar and boil for two minutes. Set aside to chill. Combine the cranberry juice, the orange and lemon juices and chill thoroughly. Just before serving, add the ginger ale which has been thoroughly chilled.

Valentine Layer Cake

Make your favorite recipe for a white cake in heart-shaped pans if they are available. If not, the cake may be baked in two square tins and later cut in heart shapes. Put the two layers together with a filling of raspberry or strawberry jam or currant jelly, and cover the whole cake with fluffy white icing. Over this, while it is still soft, sprinkle shredded cocoanut which has been tinted pink. A round layer cake, iced with fluffy icing, may be decorated with red cinnamon candies, arranged in the shape of a heart.

Two Sandwich Fillings

Blend one package of white cream cheese, one-quarter cupful of finely chopped walnuts and ten or twelve candied cherries which have been cut into small pieces. Moisten with a little cream if necessary and spread between heart-shaped pieces of buttered white bread.

Mash shrimps with salt and a dash of cayenne. Add an equal amount of creamed butter and moisten with vinegar or lemon juice.

BREAKFAST	LUNCHEON or SUPPER	DINNER
17 Cereal with Raisins Creamed Fish on Toast Coffee Cocoa	Onion Soup Lettuce and Celery Salad Biscuits Jam Tea Cocoa	Sausages Fried Apple Rings Creamed Potatoes Sauer Kraut Coffee Tapioca Pudding Tea
18 (Sunday) Sliced Oranges Cereal Bacon and Eggs Toast Jelly Coffee Cocoa	Assorted Sandwiches Radishes Olives Individual Ice-box Cakes Tea Cocoa	Consommé Rib Roast of Beef Horseradish Browned Potatoes Harvard Beets Rhubarb Crisp Coffee Tea
19 Tomato Juice Cereal Toast Conserve Coffee Cocoa	Cold Roast Beef Beet and Celery Salad Vanilla Junket Hot Chocolate	Baked Ham Slice with Savory Sauce Potato Cakes Buttered Cabbage Chilled Lemon Foam Coffee Tea
20 Apples Fried Ham Toast Marmalade Coffee Cocoa	Shepherd's Pie Chili Sauce Banana and Nut Salad Cream Dressing Wafers Tea Cocoa	Broth Mixed Grill Baked Potatoes Glazed Parsnips Baked Chocolate Pudding Marshmallow Sauce Coffee Tea
21 Stewed Apricots Cereal Biscuits Honey Coffee Cocoa	ream of Celery Soup Tomato Jelly Ring with Cottage Cheese Toasted Biscuits Canned Fruit Tea Cocoa	Baked Beans Pickle Relish Creamed Onions Buttered Asparagus Plum Turnovers Coffee Tea
22 Orange Juice Bread and Milk Soft-cooked Eggs Toast Coffee Cocoa	Creamed Peas and Mushrooms on Toast Hot Gingerbread Apple Sauce Tea Cocoa	Liver and Bacon Scalloped Potatoes with Onion Pickled Beets Rice with Apricot Sauce Coffee Tea
23 (Friday) Grapefruit Cereal Toast Jam Coffee Cocoa	Italian Spaghetti Brown Bread and Butter Canned Pear and Jelly Salad Tea Cocoa	Broiled Smoked Herring Mashed Potatoes Creamed Peas Molded Lime Jelly on Pineapple Rings Coffee Tea
24 Stewed Prunes Cereal Scones Jelly Coffee Cocoa	Oxtail Soup Cold Sliced Meat Fried Potatoes Fruit Spice Cake Tea Cocoa	Beef Stew with Vegetables Dumplings Cole Slaw Baked Apples with Raisins Coffee Tea
25 (Sunday) Orange and Grapefruit Sections Scrambled Eggs with Tomatoes Toast Jam Coffee Cocoa	Chicken Shortcake (Canned Chicken) Pickles Olives Chocolate Ice Cream Marshmallow Nut Sauce Small Cakes Tea Cocoa	Tomato Cocktail Roast Rack of Lamb Mint Jelly Riced Potatoes Buttered Carrots Jellied Prunes and Walnuts Coffee Whipped Cream Tea
26 Sliced Bananas Cereal Bacon Toast Coffee Cocoa	Mixed Vegetable Salad Crisp Wafers Muffins or Rolls Jam Hot Chocolate	Beef Broth Cold Roast Lamb Baked Potatoes Spinach Raspberry Cup Cakes Coffee Tea
27 Cereal with Chopped Figs Whole Wheat Muffins Stewed Fruit Coffee Cocoa	Cheese Soufflé Mixed Fruit Salad Biscuits Tea Cocoa	Baked Pork Chops with Dressing Mashed Potatoes Beans Baked Cocoanut Marshmallow Custard Coffee Tea
28 Tomato Juice Griddle Cakes Maple Syrup Coffee Cocoa	Soup Salmon and Celery Salad Butter Tarts Tea Cocoa	Baked Eggs in Potatoes Shredded Cabbage Scalloped Corn Date and Nut Pudding Caramel Sauce Coffee Tea
29 Halves of Oranges Cereal Toast Jam Coffee Cocoa	Sliced Fresh Bologna Mustard Fried Potatoes Celery Canned Berries Cookies Tea Cocoa	Pot Roast of Beef Boiled Potatoes Mashed Turnips Brown Betty Lemon Sauce Coffee Tea
30 (Good Friday) Chilled Grape Juice Milk Toast Muffins Honey Coffee Cocoa	Scalloped Sea Food Celery Curls Brown Rolls Fresh Sliced Rhubarb Sponge Cake Tea Cocoa	Clear Tomato Soup Baked Codfish Caper Sauce Mashed Potatoes Asparagus Cherry Pie Coffee Tea
31 Grapefruit Cereal Bacon Toast Coffee Cocoa	Spinach Ring with Creamed Hard-cooked Eggs Nut Bread Sliced Bananas and Oranges Tea	Stewed Chicken Buttered Noodles Carrots Trifle Tea Coffee

The Meals of the Month as compiled by M. Frances Hucks are a regular feature of Chatelaine each month.



GÂTEAU ÉPONGE AU CHOCOLAT BAKER



GÂTEAU ÉPONGE AU CHOCOLAT BAKER

- | | |
|--|----------------------------------|
| 1/4 tasse de Farine à Pâtisserie
Swans Down tamisée | 1 cull. à table de jus de citron |
| 1/4 cull. à thé de sel | 5 jaunes d'œufs bien battus |
| 4 cull. à table de cacao Baker | 5 blancs d'œufs battus en neige |
| | 1 tasse de sucre |

Tamisez la farine une fois, mesurez, ajoutez le sel et le cacao Baker, et tamisez quatre autres fois. Ajoutez le jus de citron aux jaunes d'œufs préalablement battus jusqu'à ce qu'ils soient épais et de couleur citron. Ajoutez peu à peu le sucre aux blancs d'œufs, puis incorporez les jaunes d'œufs et la farine mélangée. Faites cuire dans un moule à tube non graissé, à four lent (350° F.), durant 50 à 60 minutes.

SOUFFLÉS À LA CRÈME

- | | |
|------------------------------------|--------------------------------|
| 1/4 tasse de beurre ou de saindoux | 1 tasse de Farine à Pâtisserie |
| 1 tasse d'eau bouillante | Swans Down tamisée |
| | 3 œufs non battus |

Faites fondre le saindoux dans l'eau. Brassez la farine dans l'eau bien bouillante. Faites cuire et brassez sans cesse jusqu'à ce que le mélange forme, en quittant les côtés de la casserole, une masse homo-

GÂTEAU IMPERIAL "SUNSHINE"

GÂTEAU IMPERIAL "SUNSHINE"

- | | |
|------------------------------------|---------------------------------|
| 1 tasse de Farine à Pâtisserie | 1/4 tasse d'eau |
| Swans Down tamisée | 6 blancs d'œufs battus en neige |
| 1/4 cull. à thé de crème de tartre | 1/4 cull. à thé de sel |
| 1/4 tasse de sucre | 6 jaunes d'œufs bien battus |

Tamisez la farine une fois, mesurez, ajoutez la crème de tartre et tamisez quatre autres fois. Faites bouillir le sucre et l'eau jusqu'à ce que cela file au bout de la cuiller (238° F.). En battant sans cesse, versez en fin courant le sirop chaud sur les blancs d'œufs préalablement salés. Continuez à battre pendant le refroidissement du mélange. Ajoutez les jaunes d'œufs. Incorporez la farine graduellement. Ajoutez l'essence. Versez dans un moule à tube non graissé et faites cuire pendant 60 minutes à four lent (325° F.). Retirez du four et renversez le moule durant une heure ou jusqu'à refroidissement.



"Secrets de la Confection des Gâteaux"—voilà un livre qui vous plaira beaucoup parce qu'il contient de merveilleuses recettes et d'utiles suggestions pour faire des gâteaux. Chaque recette a été éprouvée. Chacune donnera de bons résultats si vous suivez le mode d'emploi avec la Farine à Pâtisserie Swans Down. Envoyez—dès aujourd'hui—le coupon sur le dessus du paquet.

SOUFFLÉS À LA CRÈME

gène et compacte. Mettez dans le bol à mélange et fouettez-y bien les œufs un à un. Formez la pâte sur une feuille graissée pour la cuisson. Servez-vous d'un sac à pâtisserie ou de deux cuillers à thé pour faire les ronds des soufflés à la crème ou des bandes de 1 pouce par 5 pouce pour les éclairs. Faites cuire pendant 20 minutes à four chaud (450° F.), puis durant 25 minutes à four modéré (350° F.). Introduisez par un petit trou fait dans chaque soufflé ou éclair le remplissage à la crème. Les éclairs sont parfois recouverts de glaçage au chocolat. Recette pour 18 petits ou 12 grands soufflés à la crème et 12 éclairs.

REPLISSAGE À LA CRÈME POUR SOUFFLÉS

- | | |
|----------------------------------|---|
| 1/4 tasse de Farine à Pâtisserie | 2 œufs ou 4 jaunes légèrement battus |
| Swans Down tamisée | 2 tasses de lait bouilli |
| 1/4 tasse de sucre | 1 cull. à thé de vanille ou 1/2 cull. à thé d'essence de citron |
| 1/4 cull. à thé de sel | |

Mélangez les ingrédients secs, ajoutez les œufs et le lait. Brassez jusqu'à ce que ce soit homogène. Faites cuire dans un bain-marie durant 15 minutes, ou jusqu'à épaississement en brassant bien. Lorsque c'est refroidi, ajoutez l'essence.



GÂTEAU À LA COMPOTE DE POMMES



GÂTEAU À LA COMPOTE DE POMMES

- | | |
|------------------------------------|---|
| 1 1/4 tasse de Farine à Pâtisserie | 1 tasse de sucre |
| Swans Down tamisée | 1 œuf battu en neige |
| 1 cull. à thé de soda | 1 tasse de raisins hachés fin et farinés |
| 1/4 cull. à thé de sel | 1 tasse de raisins de Corinthe ou de noix hachés fin et farinés |
| 1 cull. à thé de cannelle | 1 tasse de compote de pommes chaude, épaisse et coulée |
| 1/4 cull. à thé de clou de girofle | |
| 1/2 tasse de beurre ou de saindoux | |

Tamisez la farine une fois, mesurez, ajoutez le soda, le sel, la cannelle et le clou de girofle, et tamisez ensemble trois fois. Battez le saindoux parfaitement en crème, ajoutez le sucre graduellement, puis fouettez ensemble jusqu'à ce que ce soit léger et spongieux. Ajoutez l'œuf, les raisins, les raisins de Corinthe ou les noix, et les épices au mélange bien battu, en alternant avec la compote de pommes et petit à petit. Après chaque addition, battez jusqu'à ce que ce soit homogène. Faites cuire pendant une heure à four modéré (350° F.), dans une casserole à pain ou un moule à tube.

Le petit livre "Secrets de la Confection des Gâteaux" vous dira comment faire—avec succès!—toutes sortes de magnifiques gâteaux. (Lisez l'offre inscrite sur le dessus du paquet de Swans Down.)

GÂTEAU ÉPONGE ECONOMIQUE

GARNITURE

- | | |
|-----------------------------|---|
| 1/4 livre de figues hachées | 1/2 livre de noix pécan, ou de noix grenoble anglaises, hachées |
| 1/4 livre de raisins hachés | |

Faites cuire le sucre et l'eau jusqu'à ce que cela forme dans l'eau une boule molle (238° F.). Versez le sirop lentement sur les blancs d'œufs en battant jusqu'à refroidissement et fermeté suffisante pour étendre. Ajoutez l'essence. Brassez les fruits et les noix dans les 2-3 du glaçage. Étendez entre les rangs et sur le dessus du gâteau. Couvrez tout le gâteau avec le reste du glaçage.

GÂTEAU ÉPONGE ÉCONOMIQUE

- | | |
|------------------------------------|----------------------------------|
| 1 1/4 tasse de Farine à Pâtisserie | 5 cull. à table d'eau froide |
| Swans Down tamisée | 1 tasse de sucre |
| 2 cull. à thé de poudre à pâte | 1 cull. à table de jus de citron |
| 1/2 cull. à thé de sel | 2 blancs d'œufs battus en neige |
| 2 jaunes d'œufs bien battus | |

Tamisez la farine une fois, mesurez, ajoutez la poudre à pâte et le sel, et tamisez quatre autres fois. Battez les jaunes d'œufs jusqu'à ce qu'ils soient épais et de couleur citron; ajoutez l'eau, le sucre et le jus de citron. Faites entrer la farine graduellement, puis les blancs d'œufs. Faites cuire pendant 30 minutes à four modéré (350° F.), dans une casserole à pain.



GAUFRES



GAUFRES

- | | |
|---------------------------------|---------------------------------|
| 2 tasses de Farine à Pâtisserie | 3 jaunes d'œufs bien battus |
| Swans Down tamisée | 1 tasse de lait |
| 3 cull. à thé de poudre à pâte | 4 cull. à table de beurre fondu |
| 1/2 cull. à thé de sel | 3 blancs d'œufs battus en neige |

Tamisez ensemble deux fois la farine, la poudre à pâte et le sel. Ajoutez les jaunes d'œufs mélangés au lait, puis le beurre fondu. Faites entrer les blancs d'œufs. Faites chauffer les deux côtés dans un gaufrier. Graissez bien. Mettez une cull. à table de pâte dans chaque section du gaufrier et baissez le dessus. Quand la pâte est cuite sur un côté, tournez le gaufrier pour brunir l'autre côté. Avec une fourchette, retirez les gaufres cuites. Servez avec du beurre et du sirop. Recette pour 6 gaufres en quatre sections.

Vous réussirez mieux vos gâteaux en mesurant, en mélangeant et en cuisant parfaitement. Demandez le Service à Gâteaux Swans Down—comportant chaque sorte d'ustensiles nécessaires pour confectionner les gâteaux avec exactitude en commodité. (Lisez l'offre inscrite sur le paquet.)

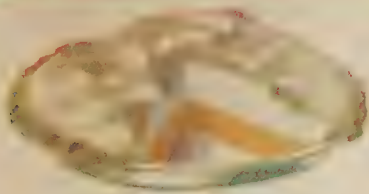
Il n'y a rien de mystérieux dans la Swans Down—c'est une farine, et rien que de la farine, mais une merveilleuse sorte de farine. La Swans Down est fabriquée spécialement pour les gâteaux et la pâtisserie, et elle est 27 fois plus fine que la farine à pain. Voilà pourquoi les gâteaux faits avec la Swans Down sont extra-délicieux—extra-réussis!

- | | |
|--------------------------------------|------------------------------------|
| 3 1/4 tasses de Farine à Pâtisserie | 1/4 tasse de beurre ou de saindoux |
| Swans Down tamisée | 2 tasses de cassonade brune |
| 1/2 cull. à table de soda | 2 œufs bien battus |
| 1/2 cull. à table de crème de tartre | 1/2 cull. à table de vanille |

Tamisez ensemble la farine, le soda et la crème de tartre. Battez en crème le saindoux. Ajoutez le sucre et battez bien en crème. Ajoutez les œufs et battez bien. Ajoutez la vanille et la farine mélangée, mêlez bien. Formez en pain rond ou carré, enveloppez dans du papier ciré et laissez toute la nuit dans un endroit frais. Tranchez en tranches minces. Faites cuire pendant 8 minutes à four chaud (425° F.). Si vous le désirez, parsemez de noix hachées avant de faire cuire. Recette pour 8 douzaines de galettes.



TARTE AU CITRON MERINGUÉE



TARTE AU CITRON MERINGUÉE

2 tasses de Farine à Pâtisserie
Swans Down tamisée
1/4 cuill. à thé de sel

Pour obtenir les meilleurs résultats, employez du saindoux et de l'eau aussi froids que possible. Tamisez ensemble la farine et le sel. Ajoutez dedans le saindoux jusqu'à ce que le mélange ressemble à une bouillie. Ajoutez l'eau peu à peu et mélangez avec un couteau jusqu'à ce que la farine et tout le contenu du bol soient bien amalgamés à la pâte. Employez le moins d'eau possible.

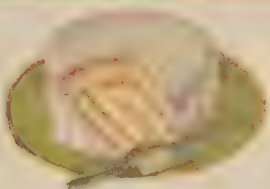
Roulez la pâte à l'épaisseur de 1/4 de pouce sur une planche lisse. Ajustez dans l'assiette à tarte. Tournez le bord et décidez de une fourchette. Faites cuire pendant 15 minutes à four chaud (50° F.). Recette pour une tarte de 9 pouces à double croûte. Employez la moitié de la recette pour faire une tarte à croûte simple.

REPLISSAGE

1 tasse de Farine à Pâtisserie
Swans Down tamisée
1/4 tasse de sucre

1 tasse d'eau bouillante
1/4 tasse de lait
1/4 cuill. à table de beurre

GÂTEAU "LADY BALTIMORE"



GÂTEAU "LADY BALTIMORE"

1 1/2 tasses de Farine à Pâtisserie
Swans Down tamisée
1/4 cuill. à thé de poudre à pâte
1/4 cuill. à thé de sel
1/2 tasse de beurre ou de saindoux
1/2 tasse de sucre

Tamisez la farine une fois, mesurez, ajoutez la poudre à pâte, et le sel, et tamisez ensemble trois fois. Battez en crème le beurre ou le saindoux jusqu'à ce qu'il soit léger et spongieux; puis, ajoutez le sucre graduellement et fouettez parfaitement ensemble. Ajoutez au mélange bien battu la farine, la poudre à pâte et le sel tamisés, en alternant avec le lait et peu à peu. Battez après chaque addition jusqu'à ce que le tout soit homogène. Ajoutez les essences; faites avec les blancs d'œufs. Faites cuire en deux rangs à four modéré (350° F.). Durant 20 minutes. Réunissez les rangs avec le remplissage glacé.

GLACAGE

2 tasses de sucre granulé
1/2 tasse d'eau

2 blancs d'œufs battus fermes
1 cuill. à thé de vanille

BISCUITS AU SUCRE POUR CHAQUE JOUR

3 jaunes d'œufs et
1 blanc d'œuf battus ensemble
2 citrons (1/4 tasse de jus)
1 corce râpée d'un citron

1 grande enveloppe cuite pour
tartes
4 cuill. à table de sucre
1/4 cuill. à thé de sel
2 blancs d'œufs battus fermes

Mélangez la farine et le sucre dans la partie supérieure d'un bain-marie. Ajoutez l'eau bouillante en brassant sans cesse, puis le lait. Faites cuire sur l'eau chaude et brassez jusqu'à ce que ce soit épais et homogène. Ajoutez peu à peu les œufs en brassant. Joignez-y le beurre, l'écorce et le jus de citron. Continuez la cuisson jusqu'à ce que le mélange se détache de la cuiller en feuilles épaisses. Faites refroidir le mélange et placez-le dans l'enveloppe à tarte. Battez les blancs d'œufs en y ajoutant le sucre et le sel, et couvrez la tarte. Faites cuire pendant 12 minutes à four lent (300° F.). Recette pour une tarte de 9 pouces.

BISCUITS AU SUCRE POUR CHAQUE JOUR

3 tasses de Farine à Pâtisserie
Swans Down tamisée
2 cuill. à thé de poudre à pâte
1/4 cuill. à thé de muscade râpée

1/2 tasse de beurre ou de saindoux
2 œufs battus en neige
1 écorce de citron râpée
1 tasse de sucre

Tamisez ensemble la farine, la poudre à pâte et la muscade.



GÂTEAU ÉPONGE AUX NOIX



GÂTEAU ÉPONGE AUX NOIX

1 tasse de Farine à Pâtisserie
Swans Down tamisée
1/4 cuill. à thé de sel
5 jaunes d'œufs bien battus
1 tasse de sucre

1/2 citron, écorce râpée et jus
1/2 tasse de noix hachées fin et
farinées
5 blancs d'œufs battus en neige

Tamisez la farine une fois, mesurez, ajoutez le sel, et tamisez quatre autres fois. Battez les jaunes d'œufs jusqu'à ce qu'ils deviennent épais et de couleur citron; ajoutez le sucre, le jus et l'écorce de citron, et fouettez jusqu'à ce que ce soit très léger. Ajoutez la farine graduellement, puis les noix, et faites entrer les blancs d'œufs. Mettez la pâte dans un moule à tube non graissé, et faites cuire de 50 à 60 minutes à four lent (325° F.). Retirez du four et renversez le moule pendant une heure ou jusqu'à refroidissement.

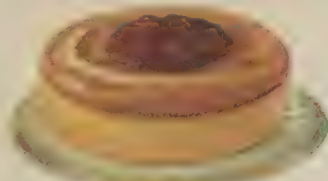
GÂTEAU À L'ORANGE

2 tasses de Farine à Pâtisserie
Swans Down tamisée
3 cuill. à thé de poudre à pâte
1/4 tasse de beurre
1 tasse de sucre

2 jaunes d'œufs bien battus
1/4 tasse de lait
1 cuill. à thé de vanille
2 blancs d'œufs battus en neige

Tamisez la farine une fois, mesurez, ajoutez la poudre à pâte et

POUDING "COTTAGE"



POUDING "COTTAGE"

2 1/2 tasses de Farine à Pâtisserie
Swans Down tamisée
1 cuill. à thé de poudre à pâte
1/4 cuill. à thé de sel
1/4 tasse de beurre ou de saindoux

1/4 tasse de sucre
1 œuf non battu
1 tasse de lait
1 cuill. à thé de vanille

Tamisez ensemble deux fois la farine, la poudre à pâte et le sel. Battez en crème le saindoux, ajoutez le sucre peu à peu, et battez bien ensemble jusqu'à ce que ce soit léger et spongieux. Ajoutez l'œuf et battez bien. Ajoutez au mélange défait en crème la farine, la poudre à pâte et le sel tamisés, en alternant avec le lait et peu à la fois. Battez après chaque addition jusqu'à ce que ce soit homogène. Faites cuire pendant 35 minutes à four modéré (350° F.), dans un moule à tube graissé. Servez avec du chocolat, de la vanille ou de la sauce épaisse. Recette pour huit personnes.

GÂTEAU À L'ORANGE

Tamisez ensemble trois fois. Battez le beurre bien en crème, ajoutez le sucre graduellement, et fouettez ensemble jusqu'à ce que ce soit léger et spongieux. Au mélange bien battu ajoutez la farine et la poudre à pâte tamisées, en alternant avec le lait et par petites quantités. Après chaque addition, battez jusqu'à ce que ce soit homogène. Ajoutez la vanille, puis incorporez les blancs d'œufs. Faites cuire pendant 30 minutes à four modéré (375° F.), en deux rangs, dans des assiettes de 9 pouces. Entre les rangs, étendez le remplissage à l'orange et couvrez avec le Glacage bouilli. (Voir la recette au bas de la page suivante.) Décorez avec de l'écorce d'orange confite. Pour faire trois grands rangs, doublez la recette.

REPLISSAGE À L'ORANGE

5 cuill. à table de Farine à Pâtisserie Swans Down
1 tasse de sucre
1 corce râpée d'une orange
1/2 tasse de jus d'orange

3 cuill. à table de jus de citron
4 cuill. à table d'eau
1 œuf légèrement battu
2 cuill. à thé de beurre

Mélangez les ingrédients dans l'ordre donné. Faites cuire pendant 10 minutes dans un bain-marie, en agitant sans cesse. Refroidissez avant d'étendre. On aura ainsi assez de remplissage pour deux rangs.



GÂTEAU "PRIZE DEVIL'S"



GÂTEAU "PRIZE DEVIL'S"

1 1/2 tasses de Farine à Pâtisserie
Swans Down tamisée
1 cuill. à thé de poudre à pâte
1/4 cuill. à thé de sel
1/2 tasse de beurre ou de saindoux
2 tasses de cassonade pâle

2 œufs battus en neige
1/4 tasse de lait sur
1/2 tasse d'eau bouillante
1 cuill. à thé de soda
1 1/2 carré de chocolat Baker, fondu
1 cuill. à thé de vanille

Tamisez la farine une fois, mesurez, ajoutez la poudre à pâte et le sel, et tamisez ensemble trois fois. Battez en crème le beurre ou le saindoux jusqu'à ce qu'il soit léger et spongieux; ajoutez graduellement 1 tasse de sucre en fouettant parfaitement le mélange.

En battant bien, ajoutez aux œufs une autre tasse de sucre. Ajoutez au beurre ou au saindoux battu le mélange contenant les œufs et fouettez énergiquement. Ajoutez les ingrédients secs amalgamés au mélange bien battu, en alternant avec le lait sur et peu à peu. Battez après chaque addition pour que le tout soit homogène. Brassez l'eau bouillante et le soda dans le chocolat fondu et ajoutez à la pâte. Joignez-y la vanille.

Faites cuire durant 15 minutes, en trois rangs, à four lent (325° F.), puis augmentez la température jusqu'à 350° F. pendant 30 minutes. Étendez le glacage blanc entre les rangs, sur le dessus et les côtés du gâteau.

GAUFRETTES DÉLICIEUSES



GAUFRETTES DÉLICIEUSES

1 1/2 tasse de Farine à Pâtisserie
Swans Down tamisée
1 cuill. à thé de poudre à pâte
1/4 cuill. à thé de sel

1/4 tasse de saindoux
1/4 tasse de sucre
1 œuf battu en neige
2 cuill. à table de lait

Tamisez ensemble deux fois la farine, la poudre à pâte et le sel. Battez le beurre en crème, ajoutez le sucre et fouettez ensemble bien en crème. Ajoutez l'œuf et battez bien. Ajoutez la farine et le lait et battez jusqu'à ce que ce soit homogène. Ajoutez la vanille. Étendez également sur le fond d'une casserole graissée. Faites cuire pendant 12 minutes à four modéré (350° F.). Coupez en carrés de 4 pouces et roulez, en commençant par un coin. Si les carrés deviennent cassants avant de finir de les former, ils redeviendront souples en les faisant réchauffer dans le fourneau. Recette pour 24 gaufrettes.

Vous réussirez mieux vos gâteaux en mesurant, en mélangeant et en cuisant parfaitement. Demandez le Service à Gâteau Swans Down comprenant chaque sorte d'ustensiles nécessaires pour faire les gâteaux avec exactitude et commodité. (Lisez l'offre inscrite sur le paquet.)

GÂTEAU ÉPONGE AU CHOCOLAT BAKER



GÂTEAU ÉPONGE AU CHOCOLAT BAKER

- | | |
|--------------------------------|----------------------------------|
| 1 tasse de Farine à Pâtisserie | 1 cuil. à table de jus de citron |
| Swans Down tamisée | 5 jaunes d'œufs bien battus |
| 1/4 cuil. à thé de sel | 5 blancs d'œufs battus en neige |
| 4 cuil. à table de cacao Baker | 1 tasse de sucre |

Tamisez la farine une fois, mesurez, ajoutez le sel et le cacao Baker, et tamisez quatre autres fois. Ajoutez le jus de citron aux jaunes d'œufs préalablement battus jusqu'à ce qu'ils soient épais et de couleur citron. Ajoutez peu à peu le sucre aux blancs d'œufs, puis incorporez les jaunes d'œufs et la farine mélangée. Faites cuire dans un moule à tube non graissé, à four lent (350° F.), durant 60 à 65 minutes.

SOUFFLÉS À LA CRÈME

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|------------------------------------|--------------------------------|
| 1/2 tasse de beurre ou de saindoux | 1 tasse de Farine à Pâtisserie |
| 1 tasse d'eau bouillante | Swans Down tamisée |
| | 3 œufs non battus |

Faites fondre le saindoux dans l'eau. Brassez la farine dans l'eau bien bouillante. Faites cuire et brassez sans cesse jusqu'à ce que le mélange forme, en quittant les côtés de la casserole, une masse homo-

GÂTEAU IMPERIAL "SUNSHINE"

GÂTEAU IMPERIAL "SUNSHINE"

- | | |
|------------------------------------|---------------------------------|
| 1 tasse de Farine à Pâtisserie | 1/2 tasse d'eau |
| Swans Down tamisée | 6 blancs d'œufs battus en neige |
| 1/4 cuil. à thé de crème de tartre | 1/4 cuil. à thé de sel |
| 1 1/2 tasse de sucre | 6 jaunes d'œufs bien battus |

Tamisez la farine une fois, mesurez, ajoutez la crème de tartre et tamisez quatre autres fois. Faites bouillir le sucre et l'eau jusqu'à ce que cela aille au bout de la cuiller (248° F.). En battant sans cesse, versez en fin courant le sirop chaud sur les blancs d'œufs préalablement salés. Continuez à battre pendant le refroidissement du mélange. Ajoutez les jaunes d'œufs. Incorporez la farine graduellement. Ajoutez l'essence. Versez dans un moule à tube non graissé et faites cuire pendant 60 minutes à four lent (325° F.). Retirez du four et renversez le moule durant une heure ou jusqu'à refroidissement.



"Secrets de la Confection des Gâteaux" — un livre qui vous plaira beaucoup parce qu'il contient de merveilleuses recettes et d'utiles suggestions pour faire des gâteaux. Chaque recette a été éprouvée. Chacune donnera de bons résultats si vous suivez le mode d'emploi avec la Farine à Pâtisserie Swans Down. Envoyez—des aujourd'hui—le coupon sur le dessus du paquet.

SOUFFLÉS À LA CRÈME

gène et compacte. Mettez dans le bol à mélange et fouettez-y bien les œufs un à un. Formez la pâte sur une feuille graissée pour la cuisson. Servez-vous d'un sac à pâtisserie ou de deux cuillères à thé pour faire les ronds des soufflés à la crème ou des bandes de 1 pouce par 5 pouce pour les éclairs. Faites cuire pendant 20 minutes à four chaud (450° F.), puis durant 25 minutes à four modéré (350° F.). Introduisez par un petit trou fait dans chaque soufflé ou éclair le remplissage à la crème. Les éclairs sont parfois recouverts de glaçage au chocolat. Recette pour 18 petits ou 12 grands soufflés à la crème et 12 éclairs.

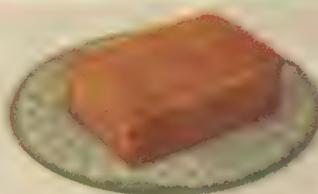
REMPLISSAGE À LA CRÈME POUR SOUFFLÉS

- | | |
|----------------------------------|---|
| 1/4 tasse de Farine à Pâtisserie | 2 œufs ou 4 jaunes légèrement battus |
| Swans Down tamisée | 2 tasses de lait bouilli |
| 1/4 tasse de sucre | 1 cuil. à thé de vanille ou 1/2 cuil. à thé d'essence de citron |
| 1/4 cuil. à thé de sel | |

Mélangez les ingrédients secs, ajoutez les œufs et le lait. Brassez jusqu'à ce que ce soit homogène. Faites cuire dans un bain-marie durant 15 minutes, ou jusqu'à épaississement en brassant bien. Lorsque c'est refroidi, ajoutez l'essence.



GÂTEAU À LA COMPOTE DE POMMES



GÂTEAU À LA COMPOTE DE POMMES

- | | |
|------------------------------------|---|
| 1 1/4 tasse de Farine à Pâtisserie | 1 tasse de sucre |
| Swans Down tamisée | 1 œuf battu en neige |
| 1 cuil. à thé de soda | 1 tasse de raisins hachés fin et farinés |
| 1/4 cuil. à thé de sel | 1 tasse de raisins de Corinthe ou de noix hachés fin et farinés |
| 1 cuil. à thé de cannelle | 1 tasse de compote de pommes chaude, épaisse et coulée |
| 1/2 tasse de beurre ou de saindoux | |

Tamisez la farine une fois, mesurez, ajoutez le soda, le sel, la cannelle et le clou de girofle, et tamisez ensemble trois fois. Battez le saindoux parfaitement en crème, ajoutez le sucre graduellement, puis fouettez ensemble jusqu'à ce que ce soit léger et spongieux. Ajoutez l'œuf, les raisins, les raisins de Corinthe ou les noix, et les épices au mélange bien battu, en alternant avec la compote de pommes et petit à petit. Après chaque addition, battez jusqu'à ce que ce soit homogène. Faites cuire pendant une heure à four modéré (350° F.), dans une casserole à pain ou un moule à tube.

Le petit livre "Secrets de la Confection des Gâteaux" vous dira comment faire—avec succès!—toutes sortes de magnifiques gâteaux. (Lisez l'offre inscrite sur le dessus du paquet de Swans Down.)

BISCUITS À LA POUDRE À PÂTE

Faites cuire de 8 à 10 minutes à four modéré (375° F.), ou jusqu'à ce que ça prenne une délicate couleur paille. Recette pour 12 douz. de pâilles au fromage.

BISCUITS À LA POUDRE À PÂTE

- | | |
|---------------------------------|-----------------------------|
| 2 tasses de Farine à Pâtisserie | 1/2 cuil. à thé de sel |
| Swans Down tamisée | 2 cuil. à table de saindoux |
| 4 cuil. à thé de poudre à pâte | 1/2 tasse de lait (environ) |

Tamisez ensemble deux fois la farine, la poudre à pâte et le sel. Ajoutez le saindoux en le tranchant dedans. Joignez-y le lait peu à peu et mélangez pour amollir la pâte. Versez sur une planche farinée, pétrissez légèrement, roulez à l'épaisseur de 1/4 de pouce, découpez en ronds. Placez dans une casserole peu profonde et moulez les dessus avec du beurre fondu. Faites cuire pendant 15 minutes à four chaud (450° F.). Recette pour 18 petits biscuits.



Vous constaterez que la Farine à Pâtisserie Swans Down est une véritable économie dans la confection des gâteaux. Elle ne coûte qu'un tout petit peu plus cher par gâteau que la farine à pain et elle nous assure le succès. En l'employant, vous ferez de meilleurs gâteaux que jamais!

GALETTES AU "BUTTER"

- | | |
|--------------------------------------|------------------------------------|
| 3 1/4 tasses de Farine à Pâtisserie | 1/2 tasse de beurre ou de saindoux |
| Swans Down tamisée | 1/2 tasses de cassonade brune |
| 1/2 cuil. à table de soda | 2 œufs bien battus |
| 1/2 cuil. à table de crème de tartre | 1/2 cuil. à table de vanille |

Tamisez ensemble la farine, le soda et la crème de tartre. Battez en crème le saindoux. Ajoutez le sucre et battez bien en crème. Ajoutez les œufs et battez bien. Ajoutez la vanille et la farine mélangée, mêlez bien. Formez en pain rond ou carré, enveloppez dans du papier ciré et laissez toute la nuit dans un endroit frais. Tranchez en tranches minces. Faites cuire pendant 8 minutes à four chaud (425° F.). Si vous le désirez, parsemez de noix hachées avant de faire cuire. Recette pour 8 douzaines de gallettes.



TARTE AU CITRON MERINGUÉE



TARTE AU CITRON MERINGUÉE

2 tasses de Farine à Pâtisserie 1/4 tasse de saindoux froid
Swans Down tamisée 1/4 à 1/2 tasse d'eau froide
1/2 cuil. à thé de sel

Pour obtenir les meilleurs résultats, employez du saindoux et de l'eau aussi froids que possible. Tamisez ensemble la farine et le sel, ajoutez dedans le saindoux jusqu'à ce que le mélange ressemble à une bouillie. Ajoutez l'eau peu à peu et mélangez avec un couteau jusqu'à ce que la farine et tout le contenu du bol soient bien amalgamés à la pâte. Employez le moins d'eau possible.

Roulez la pâte à 1/4 d'épaisseur de 1/4 de pouce sur une planche lincée. Ajustez dans l'assiette à tarte. Tournez le bord et décortez avec une fourchette. Faites cuire pendant 15 minutes à four chaud (50° F.). Recette pour une tarte de 9 pouces à double croûte. Employez la moitié de la recette pour faire une tarte à croûte simple.

REMPLISSAGE

1 tasse de Farine à Pâtisserie 1 tasse d'eau bouillante
Swans Down tamisée 1/4 tasse de lait
1/2 tasse de sucre 1/2 cuil. à table de beurre

GÂTEAU "LADY BALTIMORE"



GÂTEAU "LADY BALTIMORE"

2 tasses de Farine à Pâtisserie 1/4 tasse de lait
Swans Down tamisée 1/4 tasse d'eau
1 cuil. à thé de poudre à pâte 1 cuil. à thé de vanille
1 cuil. à thé de sel 1/2 cuil. à thé d'essence d'amande
1 tasse de beurre ou de saindoux 3 blancs d'œufs battus en neige
1 tasse de sucre

Tamisez la farine une fois, mesurez, ajoutez la poudre à pâte, et le sel, et tamisez ensemble trois fois. Battez en crème le beurre ou le saindoux jusqu'à ce qu'il soit léger et spongieux; puis, ajoutez le sucre graduellement et fouettez parfaitement ensemble. Ajoutez au mélange bien battu la farine, la poudre à pâte et le sel tamisés, en commençant avec le lait et peu à peu. Battez après chaque addition jusqu'à ce que le tout soit homogène. Ajoutez les essences; faites cuire les blancs d'œufs. Faites cuire en deux rangs à four modéré (375° F.), durant 20 minutes. Réunissez les rangs avec le remplissage et le glaçage.

GLAÇAGE

2 tasses de sucre granulé 2 blancs d'œufs battus fermes
1/2 tasse d'eau 1 cuil. à thé de vanille

La farine SWANS DOWN vous fera réussir vos pâtisseries

Pour confectionner de beaux gâteaux très légers . . .
Pour faire de fins biscuits, des croûtes de tartes feuilletées, des gaufres croustillantes et d'un brun doré . . .
Employez la Farine à Pâtisserie Swans Down! Vous serez toujours certaine d'obtenir d'excellents résultats.

La Farine à Pâtisserie Swans Down est une sorte de farine différente. Elle est fabriquée avec du blé tendre d'hiver spécialement choisi, cultivé près des moulins Swans Down. De la farine obtenue en mouvant 100 livres de ce blé choisi, seulement 28 livres sont assez bonnes pour la Swans Down! Et la Swans Down est 27 fois plus fine que la bonne farine à pain!

La Farine à Pâtisserie Swans Down est vraiment économique. Elle ne vous coûte qu'un tout petit peu plus cher que la farine à pain—seulement 3/4 de plus par gâteau—et vous pouvez être absolument sûre de réussir à merveille vos pâtisseries.

GLAÇAGE BOUILLI

1/4 tasse de sucre granulé 1/4 tasse d'eau bouillante
1/2 cuil. à thé de crème de tartre 1 blanc d'œuf battu ferme

Faites dissoudre le sucre et la crème de tartre dans l'eau bouillante. Mettez sur le feu et faites bouillir jusqu'à ce qu'une petite quantité du sirop placée dans de l'eau froide y forme une boule molle ou un long fil (238°). Versez lentement le sirop sur le blanc d'œuf, en battant sans cesse. Continuez à battre jusqu'à consistance assez ferme pour le gâteau.

GÂTEAU AU CARAMEL

GÂTEAU AU CARAMEL

2 tasses de Farine à Pâtisserie 2 jaunes d'œufs bien battus
Swans Down tamisée 1/4 tasse de lait
3 cuil. à thé de poudre à pâte 1 cuil. à thé de vanille
1 tasse de beurre 2 blancs d'œufs battus en neige
1 tasse de sucre

Tamisez la farine une fois, mesurez, ajoutez la poudre à pâte, et battez le beurre en crème en ajoutant le sucre graduellement, et fouettez bien ensemble jusqu'à ce que ce soit léger et mousseux. Ajoutez les jaunes d'œufs, puis, en alternant avec le lait et petit à petit, ajoutez la farine et la poudre à pâte tamisées. Battez après chaque addition jusqu'à ce que ce soit homogène. Ajoutez la vanille et faites entrer les blancs d'œufs. Faites cuire pendant 30 minutes à four modéré (375° F.), dans deux assiettes à gâteaux de 9 pouces. Étendez le glaçage au caramel entre les rangs, sur le dessus et les côtés du gâteau. Pour faire trois grands rangs, doublez la recette.

GLAÇAGE AU CARAMEL

2 tasses de cassonade brune 1 cuil. à thé de vanille
1 tasse d'eau Crème
1 cuil. à table de beurre

Faites bouillir le sucre et l'eau jusqu'à ce que le sirop forme



GÂTEAU "PRIZE DEVIL'S"



GÂTEAU "PRIZE DEVIL'S"

2 tasses de Farine à Pâtisserie 2 œufs battus en neige
Swans Down tamisée 1/4 tasse de lait sur
1 cuil. à thé de poudre à pâte 1/4 tasse d'eau bouillante
1 cuil. à thé de sel 1 cuil. à thé de soda
1 tasse de beurre ou de saindoux 1 1/2 carrés de chocolat Baker, fondu
1 tasse de cassonade pâle 1 cuil. à thé de vanille

Tamisez la farine une fois, mesurez, ajoutez la poudre à pâte et le sel, et tamisez ensemble trois fois. Battez en crème le beurre ou le saindoux jusqu'à ce qu'il soit léger et spongieux; ajoutez graduellement le sucre en fouettant parfaitement le mélange.

Battant bien, ajoutez aux œufs une autre tasse de sucre et fouettez énergiquement. Ajoutez les ingrédients secs au mélange bien battu, en alternant avec le lait sur et peu à peu. Battez après chaque addition pour que le tout soit homogène. Brassez l'eau bouillante et le soda dans le chocolat fondu et ajoutez à la pâte. Joignez-y la vanille.

Faites cuire pendant 15 minutes, en trois rangs, à four lent (325° F.). Étendez la température jusqu'à 350° F. pendant 30 minutes. Étendez le glaçage blanc entre les rangs, sur le dessus et les côtés du gâteau.

GAUFRETTES DÉLICIEUSES



GAUFRETTES DÉLICIEUSES

1 1/4 tasse de Farine à Pâtisserie 1/4 tasse de saindoux
Swans Down tamisée 1/4 tasse de sucre
1 cuil. à thé de poudre à pâte 1 œuf battu en neige
1/2 cuil. à thé de sel 2 cuil. à table de lait

Tamisez ensemble deux fois la farine, la poudre à pâte et le sel. Battez le beurre en crème, ajoutez le sucre et fouettez ensemble bien en crème. Ajoutez l'œuf et battez bien. Ajoutez la farine et le lait et battez jusqu'à ce que ce soit homogène. Ajoutez la vanille. Étendez également sur le fond d'une casserole graissée. Faites cuire pendant 12 minutes à four modéré (350° F.). Coupez en carrés de 4 pouces et roulez, en commençant par un coin. Si les carrés deviennent cassants avant de finir de les former, ils redeviendront souples en les faisant réchauffer dans le fourneau. Recette pour 24 gaufrettes.

Vous réussirez mieux vos gâteaux en mesurant, en mélangeant et en cuisant parfaitement. Demandez le Service à Gâteau Swans Down comprenant chaque sorte d'ustensiles nécessaires pour faire les gâteaux avec exactitude et commodité. (Lisez l'offre inscrite sur le paquet.)

Cranberry Pudding

- 2 Cupfuls of cranberries
- 1 Cupful of water
- 1 Cupful of sugar
- 2 Cupfuls of corn flakes
- ¼ Cupful of seeded raisins
- 2 Tablespoonfuls of butter
- ½ Tablespoonful of lemon juice

Pick over and wash the cranberries and cook until tender in the water to which the sugar has been added. Place a layer of corn flakes in a greased baking dish, cover with half of the cranberries and half of the raisins. Dot with one-third of the butter and sprinkle with the lemon juice. Repeat, covering the top with the remaining corn flakes and dot with the remainder of the butter. Bake for half hour in a moderate oven—375 degrees Fahrenheit. If desired, cover with a meringue made by adding quarter cupful of sugar to two stiffly beaten egg whites. Return to the oven to brown slightly. Serve cold with cream.

into 6 sherbet glasses, and chill. Or turn into 6 wet individual molds, chill until set, and unmold. Serve with cream, chocolate sauce, or fresh canned or stewed dried fruit. Serves 6. To serve 2, make one-third this recipe.

To prevent a skin forming on the surface of the pudding while chilling, cover the top of the glasses or molds with wax or parchment paper, transparent cellulose sheeting, or aluminum foil.

Vanilla Cornstarch Whip: Make Vanilla Cornstarch Pudding, reducing sugar to 2 tbsp. After cooking 25 min. stir *very slowly* into 1 well-beaten egg yolk. *Cook 1 min.* in double-boiler, stirring all the time; then cool, add vanilla, and chill until thickened. Next beat 1 egg white until quite stiff; gradually add 2 tbsp. granulated sugar, while continuing to beat until egg white peaks. Fold evenly into cornstarch mixture and beat until smooth and frothy. Chill and serve in sherbet glasses. This does not unmold.

Cook 1 min. in double-boiler, stirring all the time; then cool, add vanilla, and chill until thickened. Next beat 1 egg white until stiff; gradually add 2 tbsp. granulated sugar, while continuing to beat until egg white peaks. Fold into cornstarch mixture and beat until smooth and frothy. Chill and serve in sherbet glasses. This does not unmold.

Caramel Cornstarch Pudding
(A GOOD HOUSEKEEPING TESTED RECIPE)

Follow recipe for Vanilla Cornstarch Pudding, increasing sugar to 8 tbsp. Melt and stir 6 tbsp. of this sugar in a skillet until it is a golden brown syrup. Then add in a thin stream to the 2½ c. scalded milk and stir constantly until the syrup is dissolved. Mix cornstarch, salt, remaining 2 tbsp. sugar, and the ½ c. milk, and proceed as directed.

Caramel Cornstarch Whip: Make Caramel Cornstarch Pudding, omitting the 2 tbsp. sugar, which were added to the cornstarch. After cooking 25 min. stir *very slowly* into 1 well-beaten egg yolk. *Cook 1 min.* in double-boiler, stirring all the time; then cool, add vanilla, and chill until thickened. Next beat 1 egg white until stiff; gradually add 2 tbsp. granulated sugar, while continuing to beat until egg white peaks. Fold into cornstarch mixture and beat until smooth and frothy. Chill and serve in sherbet glasses. This does not unmold.

Butterscotch Cornstarch Pudding
(A GOOD HOUSEKEEPING TESTED RECIPE)

Follow recipe for Vanilla Cornstarch Pudding, substituting 1 c. brown sugar, and 1 tbsp. butter or margarine for the 4 tbsp. of sugar. Melt the (Continued on page 162)

Vanilla Cornstarch Pudding

- (A GOOD HOUSEKEEPING TESTED RECIPE)
- 3 tbsp. cornstarch
 - 3 c. bottled milk or 1½ c. evaporated milk and 1½ c. water
 - ¼ tsp. salt
 - 1½ c. granulated sugar
 - ½-1 tsp. vanilla extract

Mix the cornstarch, salt, sugar, and ½ c. of the milk until smooth. Meanwhile scald the rest of the milk in a double-boiler. Pour a little of the scalded milk on the cornstarch mixture and blend smoothly. Add this to remaining scalded milk and stir constantly until the pudding thickens. Remove the spoon, cover the double-boiler, and *cook 25 min.*, stirring occasionally. Cool, add vanilla, beat up well, turn

Chocolate Cornstarch Pudding

(A GOOD HOUSEKEEPING TESTED RECIPE)

Make Vanilla Cornstarch Pudding, increasing sugar to 5 or 6 tbsp. Tastes differ. Melt 1-1½ sqs. (1-1½ oz.) unsweetened cooking chocolate in the 2½ c. scalded milk, and beat with an egg beater until smooth before proceeding with recipe. ½-½ c. cocoa may be substituted for the chocolate, in which case mix it with the cornstarch, salt, and sugar.

Chocolate Cornstarch Whip: Make Chocolate Cornstarch Pudding, reducing sugar to 3 or 4 tbsp. After cooking 25 min. stir *very slowly* into 1 well-beaten egg yolk.

Cornstarch Pudding For an Epicure

(Continued from page 103)

butter in a skillet, add the brown sugar, and cook while stirring until melted. Add in a thin stream to the 2½ c. scalded milk and stir constantly until the syrup is dissolved. Mix cornstarch, salt, and ½ c. milk, and proceed as directed.

Butterscotch Whip: Make Butterscotch Cornstarch Pudding. After cooking 25 min. stir *very slowly* into 1 well-beaten egg yolk. *Cook 1 min.* in double-boiler, stirring all the time; then cool, add vanilla, and chill until thickened. Next beat 1 egg white until stiff, fold in the cornstarch mixture, and beat until smooth and frothy. Chill and serve in sherbet glasses. This does not unmold.

served in sherbet glasses. It does not unmold.

Pineapple Cornstarch Pudding
(A GOOD HOUSEKEEPING TESTED RECIPE)

Make Vanilla Cornstarch Pudding, substituting 3 c. canned unsweetened pineapple juice for the milk, and increasing the cornstarch to 4 tbsp. Omit the vanilla. Chill and serve in sherbet glasses. This does not unmold.

Pineapple Cornstarch Whip: Make Pineapple Cornstarch Pudding, reducing the sugar to 2 tbsp. After cooking 25 min. stir *very slowly* into 1 well-beaten egg yolk. *Cook 1 min.* in double-boiler, stirring all the time; then cool, and chill until thickened. Next beat 1 egg white until stiff; gradually add 2 tbsp. granulated sugar, while continuing to beat until egg white peaks. Fold into cornstarch mixture and beat until smooth and frothy. Chill and serve in sherbet glasses. This does not unmold. Note: Other canned fruit juices may be substituted for the pineapple juice, the amount of sugar varying with the sweetness of the juice.

Grape Cornstarch Pudding

(A GOOD HOUSEKEEPING TESTED RECIPE)

Make Vanilla Cornstarch Pudding, substituting 3 c. bottled grape juice for the 3 c. milk, and reducing the sugar to 2 tbsp. Omit the vanilla. Chill and serve in sherbet glasses. This does not unmold.

Orange Cornstarch Pudding

(A GOOD HOUSEKEEPING TESTED RECIPE)

Make Vanilla Cornstarch Pudding, substituting 3 c. strained orange juice for the 3 c. milk, and increasing the sugar to 5 tbsp. Omit the vanilla. Chill and serve in sherbet glasses. This does not unmold.

Orange Cornstarch Whip: Make Orange Cornstarch Pudding, reducing sugar to 3 tbsp. After cooking 25 min. stir *very slowly* into 1 well-beaten egg yolk. *Cook 1 min.* in double-boiler, stirring all the time; then cool, and chill until thickened. Next beat 1 egg white until stiff; gradually add 2 tbsp. granulated sugar, while continuing to beat until egg white peaks. Fold into cornstarch mixture, and beat until smooth and frothy. Chill. This should be

Blackberry Cornstarch Pudding

(A GOOD HOUSEKEEPING TESTED RECIPE)

Make Vanilla Cornstarch Pudding, substituting 3 c. juice drained from canned blackberries for the 3 c. milk. Also reduce sugar to 1 tbsp. Omit the vanilla. Chill and serve in sherbet glasses with or without cream. This does not unmold.

Coconut Cornstarch Pudding

(A GOOD HOUSEKEEPING TESTED RECIPE)

Make Vanilla, Chocolate, Butterscotch, or Caramel Cornstarch Pudding, adding 6 tbsp. of shredded coconut to the pudding after it is cooked 25 min. Then proceed as directed.

No.

1170

162

25 Cedar Posts.

30 Cedar Posts.

57

58

Sell cards 57

Sell cards 59

Sell cards 61

Pay cash on

I. H. White in the

Sell cards 63 and 64 for cash.

Sell cards 65 and 66 for cash.

Pay currency for telephone rent, \$6.50.

10

4

79

56

67 200 Cedar Posts.

68 300 Cedar Posts.

currency.

Debit

Rolled Oats Butter Crisps

- 1/2 Cupful of butter
- 1/2 Cupful of sugar
- 1 Egg
- 3/4 Cupful of sifted pastry flour
- 1/2 Teaspoonful of vanilla
- 1/2 Cupful of rolled oats

Cream the butter thoroughly, add the sugar gradually and continue creaming. Add the unbeaten egg and mix thoroughly. Add the sifted flour, the vanilla and the rolled oats. When well combined, drop from a teaspoon on to a greased baking pan. Flatten slightly with a spatula dipped in cold water and decorate the top with candied cherry, colored sugar, or a half nutmeat. Bake in a slow oven 275 degrees Fahr.—for about thirty-five minutes.

Gnocchi

Place one quart of milk and one teaspoonful of salt in the top part of a double boiler. Bring to boiling point and add gradually one cupful of Cream of Wheat, stirring constantly during the addition. Let boil for two or three minutes, then place over hot water and allow to finish cooking. Beat two eggs and mix thoroughly with the hot cereal. Pour into a shallow dish and allow to cool. Cut in rectangular shaped pieces and arrange in layers in a baking dish, having grated hard cheese between the layers. Dot with butter and bake in a moderate oven until browned.

Maple Puffed Rice Squares

- 1 1/2 Cupfuls of maple syrup
- 1/2 Cupful of sugar
- 3 to 4 Cupfuls of Puffed Rice

Combine the maple syrup and the sugar and heat to boiling point. Boil slowly until the mixture will form a hard ball when a little is dropped into cold water. Remove from the heat and pour over the Puffed Rice, mixing thoroughly so that every grain is coated. Turn into a well-greased pan and mark in squares. Puffed Rice should be crisped in the oven for a few minutes before mixing it with the syrup. Puffed Wheat may be used in this recipe if desired.

All-Bran Fudge Squares

- 4 Squares of chocolate (unsweetened)
- 1/3 Cupful of butter
- 2 Eggs
- 1 Cupful of granulated sugar
- 1/2 Cupful of sifted flour
- 1/2 Cupful of All-Bran
- 1/2 Cupful of chopped nuts (walnuts or pecans)
- 1 Teaspoonful of vanilla

Break the chocolate into small pieces and put, with the butter, into the top part of a double boiler. Heat slowly until the chocolate is melted and the mixture well blended. Beat the eggs until light, add the sugar and combine thoroughly. Add the chocolate and butter mixture and stir in the flour, the All-Bran, the vanilla and nuts. Pour into a greased flat pan to about one-third inch thickness and bake in a moderate oven—375 degrees Fahr.—for about twenty minutes. Cut in two-inch squares.

CHOCOLATE PARFAIT

Stir together over low heat until dissolved.....1 cup sugar
1 cup water
Bring to boil and boil without stirring to the soft-ball stage, 233° F. Beat until stiff but not dry.....3 egg whites
Gradually beat in the hot syrup and continue beating until quite cold. Melt over hot but not boiling water and add.....2 squares unsweetened chocolate

DOROTHY'S APRICOT CARAMEL SHORTCAKE

"grand eats" and digestible, too!



- CARAMEL FILLING:
- 2 tablespoons Crisco
 - 3/4 cup light brown sugar
 - 1/4 teaspoon salt
 - 1/4 cup chopped nuts

Make Digestible Crisco Shortcake (see Master Recipe below). Divide dough—pat out 1/4 inch thick into two layers slightly larger than Criscoed pan (use 7" x 7", or 5" x 9"). Put in bottom layer. Spread with Caramel Filling made this way: Mix fluffy Crisco with sugar and salt—add nuts. Put on top layer. Dampen edges and crimp together. Bake in hot oven (425° F.)

12-15 minutes. Serve hot with—

Apricot Cream: Strain cooked apricots (canned or stewed dried apricots) to make 1 1/4 cups pulp. Beat 3/4 cup heavy cream until stiff, sweetening with 2 tablespoons powdered sugar. Fold apricot pulp into cream.

All Measurements Level. Recipes tested and approved by Good Housekeeping Institute. Crisco is the registered trademark of a shortening manufactured by the Procter & Gamble Co.

TROPICAL STRAWBERRY SHORTCAKE

try this new fruit idea with digestible Crisco biscuit!



- 2 3/4 cups crushed strawberries
- 1/2 cup sugar
- 1/4 cup cubed pineapple (fresh or canned)

Make Digestible Crisco Shortcake (see Master Recipe below) using 3/4 cup canned pine-

apple juice for liquid. Wash, hull, crush strawberries. Add sugar and pineapple. When shortcake is baked, put fruit between layers and on top. Serve with sweetened whipped cream (using 3/4 cup heavy cream and 2 tablespoons powdered sugar).

Master Recipe for Digestible CRISCO SHORTCAKE

- 2 cups flour
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 1 tablespoon sugar
- 1/3 cup Crisco
- 1 egg
- 3/4 cup milk, water or juice

Sift dry ingredients. Work in Crisco (the pure digestible shortening). Beat egg in measuring cup, add liquid to fill cup three-fourths full. Add to Crisco mixture. Divide dough. Pat out into rounds to fit bottom of pie plate. Brush one round with melted Crisco. Place second round on top.

Bake in hot oven (425° F.) 20 to 25 minutes. Separate rounds. Put filling between. (Individual Shortcakes: Cut out biscuits 1/4 inch thick. Brush tops of half with melted Crisco. Put other biscuits on top. Bake in hot oven, 425° F., 12 minutes.)

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Whip until beginning to hold its shape.....2 cups heavy cream
Fold thoroughly into the chocolate mixture with.....1 tablespoon vanilla

Turn into a tray of mechanical refrigerator and freeze until firm. Or fill mould 3/4 full of the mixture; adjust the lid to the mould and secure it firmly with adhesive tape or wet cotton; bury in a pail of crushed ice and ice cream salt (four parts ice to one of salt) and freeze from 3 to 4 hours.

ANGEL CHARLOTTE RUSSE

- often.....1 tablespoon gelatine
- 1/2 cup cold water
- 1/4 cup sugar
- 1/4 cup boiling water

Dissolve gelatine in the cold water. Put into a wet bowl and fill with occasional stirring until as thick as honey; then beat until very frothy. Whip until stiff.....2 cups heavy cream
Fold thoroughly into gelatine mixture with.....

- Few grains salt
- 1/2 tablespoon vanilla
- 6 stale macaroons (rolled to crumbs)
- 12 marshmallows, cut in small pieces
- 1 1/2 tablespoons each, finely-chopped red and green candied cherries
- 1/2 cup sliced blanched almonds

Turn into a wet mould or pile into individual serving glasses. Chill until firm.

FLUFFY CHOCOLATE PUDDING

- Cut up and melt over hot but not boiling water.....2 squares unsweetened chocolate
- 1 1/2 cups (1 can) sweetened condensed milk

Stir and cook over boiling water until very thick (from 5 to 7 minutes).

Stir in.....1/2 cup hot water
Stir until thoroughly combined, then remove from heat and cool for about 5 minutes.
Beat until stiff but not dry.....2 egg whites

Fold egg whites thoroughly into the cooled chocolate mixture. Pile lightly into serving glasses and chill very thoroughly.

Serve with plain or whipped cream and garnish if desired with chopped nutmeats.

GRAPEFRUIT BAVARIAN CREAM

Soften.....2 tablespoons gelatine
in.....1/2 cup cold water
Dissolve.....1/2 cup sugar
in.....1 1/2 cups boiling water
Add the gelatine and stir until dissolved.
Add.....1 1/2 cup canned grapefruit juice
and.....2 teaspoons lemon juice
Strain into a moistened bowl, chill with occasional stirring until as thick as honey. Beat until frothy. Whip until beginning to hold its shape.....1 cup heavy cream
Add to the grapefruit mixture with.....1 egg white, whipped

Place on ice and beat until the mixture begins to thicken, or until thoroughly blended. Turn into moistened mould or moulds (lined with split lady fingers if desired) and chill until firm. (If desired, use fresh grapefruit juice and increase sugar to 1 cupful).

Cranberry Pudding

- 2 Cupfuls of cranberries
- 1 Cupful of water
- 1 Cupful of sugar
- 2 Cupfuls of corn flakes
- 1/4 Cupful of seeded raisins
- 2 Tablespoonfuls of butter
- 1/2 Tablespoonful of lemon juice

Pick over and wash the cranberries and cook until tender in the water to which the sugar has been added. Place a layer of corn flakes in a greased baking dish, cover with half of the cranberries and half of the raisins. Dot with one-third of the butter and sprinkle with the lemon juice. Repeat, covering the top with the remaining corn flakes and dot with the remainder of the butter. Bake for half hour in a moderate oven—375 degrees Fahrenheit. If desired, cover with a meringue made by adding quarter cupful of sugar to two stiffly beaten egg whites. Return to the oven to brown slightly. Serve cold with cream.

into 6 sherbet glasses, and chill. Or turn into 6 wet individual molds, chill until set, and unmold. Serve with cream, chocolate sauce, or fresh canned or stewed dried fruit. Serves 6. To serve 2, make one-third this recipe.

To prevent a skin forming on the surface of the pudding while chilling, cover the top of the glasses or molds with wax or parchment paper, transparent cellulose sheeting, or aluminum foil.

Vanilla Cornstarch Whip: Make Vanilla Cornstarch Pudding, reducing sugar to 2 tbsp. After cooking 25 min. stir *very slowly* into 1 well-beaten egg yolk. *Cook 1 min.* in double-boiler, stirring all the time; then cool, add vanilla, and chill until thickened. Next beat 1 egg white until quite stiff; gradually add 2 tbsp. granulated sugar, while continuing to beat until egg white peaks. Fold evenly into cornstarch mixture and beat until smooth and frothy. Chill and serve in sherbet glasses. This does not unmold.

Cook 1 min. in double-boiler, stirring all the time; then cool, add vanilla, and chill until thickened. Next beat 1 egg white until stiff; gradually add 2 tbsp. granulated sugar, while continuing to beat until egg white peaks. Fold into cornstarch mixture and beat until smooth and frothy. Chill and serve in sherbet glasses. This does not unmold.

Caramel Cornstarch Pudding

(A GOOD HOUSEKEEPING TESTED RECIPE)

Follow recipe for Vanilla Cornstarch Pudding, increasing sugar to 8 tbsp. Melt and stir 6 tbsp. of this sugar in a skillet until it is a golden brown syrup. Then add in a thin stream to the 2 1/2 c. scalded milk and stir constantly until the syrup is dissolved. Mix cornstarch, salt, remaining 2 tbsp. sugar, and the 1/2 c. milk, and proceed as directed.

Caramel Cornstarch Whip: Make Caramel Cornstarch Pudding, omitting the 2 tbsp. sugar, which were added to the cornstarch. After cooking 25 min. stir *very slowly* into 1 well-beaten egg yolk. *Cook 1 min.* in double-boiler, stirring all the time; then cool, add vanilla, and chill until thickened. Next beat 1 egg white until stiff; gradually add 2 tbsp. granulated sugar, while continuing to beat until egg white peaks. Fold into cornstarch mixture and beat until smooth and frothy. Chill and serve in sherbet glasses. This does not unmold.

Vanilla Cornstarch Pudding

(A GOOD HOUSEKEEPING TESTED RECIPE)

- 3 tbsp. cornstarch
- 3 c. bottled milk or 1 1/2 c. evaporated milk and 1 1/2 c. water
- 1/4 tsp. salt
- 1/2-1 tsp. vanilla extract
- 4 tbsp. granulated sugar

Mix the cornstarch, salt, sugar, and 1/2 c. of the milk until smooth. Meanwhile scald the rest of the milk in a double-boiler. Pour a little of the scalded milk on the cornstarch mixture and blend smoothly. Add this to remaining scalded milk and stir constantly until the pudding thickens. Remove the spoon, cover the double-boiler, and *cook 25 min.*, stirring occasionally. Cool, add vanilla, beat up well, turn

Chocolate Cornstarch Pudding

(A GOOD HOUSEKEEPING TESTED RECIPE)

Make Vanilla Cornstarch Pudding, increasing sugar to 5 or 6 tbsp. Tastes differ. Melt 1-1 1/2 sqs. (1-1 1/2 oz.) unsweetened cooking chocolate in the 2 1/2 c. scalded milk, and beat with an egg beater until smooth before proceeding with recipe. 1/3-1/2 c. cocoa may be substituted for the chocolate, in which case mix it with the cornstarch, salt, and sugar.

Chocolate Cornstarch Whip: Make Chocolate Cornstarch Pudding, reducing sugar to 3 or 4 tbsp. After cooking 25 min. stir *very slowly* into 1 well-beaten egg yolk.

Butterscotch Cornstarch Pudding

(A GOOD HOUSEKEEPING TESTED RECIPE)

Follow recipe for Vanilla Cornstarch Pudding, substituting 1 c. brown sugar, and 1 tbsp. butter or margarine for the 4 tbsp. of sugar. Melt the (Continued on page 162)

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Cornstarch Pudding For an Epicure

(Continued from page 103)

butter in a skillet, add the brown sugar, and cook while stirring until melted. Add in a thin stream to the 2 1/2 c. scalded milk and stir constantly until the syrup is dissolved. Mix cornstarch, salt, and 1/2 c. milk, and proceed as directed.

Butterscotch Whip: Make Butterscotch Cornstarch Pudding. After cooking 25 min. stir *very slowly* into 1 well-beaten egg yolk. *Cook 1 min.* in double-boiler, stirring all the time; then cool, add vanilla, and chill until thickened. Next beat 1 egg white until stiff, fold in the cornstarch mixture, and beat until smooth and frothy. Chill and serve in sherbet glasses. This does not unmold.

served in sherbet glasses. It does not unmold.

Pineapple Cornstarch Pudding

(A GOOD HOUSEKEEPING TESTED RECIPE)

Make Vanilla Cornstarch Pudding, substituting 3 c. canned unsweetened pineapple juice for the milk, and increasing the cornstarch to 4 tbsp. Omit the vanilla. Chill and serve in sherbet glasses. This does not unmold.

Pineapple Cornstarch Whip: Make Pineapple Cornstarch Pudding, reducing the sugar to 2 tbsp. After cooking 25 min. stir *very slowly* into 1 well-beaten egg yolk. *Cook 1 min.* in double-boiler, stirring all the time; then cool, and chill until thickened. Next beat 1 egg white until stiff; gradually add 2 tbsp. granulated sugar, while continuing to beat until egg white peaks. Fold into cornstarch mixture and beat until smooth and frothy. Chill and serve in sherbet glasses. This does not unmold. Note: Other canned fruit juices may be substituted for the pineapple juice, the amount of sugar varying with the sweetness of the juice.

Grape Cornstarch Pudding

(A GOOD HOUSEKEEPING TESTED RECIPE)

Make Vanilla Cornstarch Pudding, substituting 3 c. bottled grape juice for the 3 c. milk, and reducing the sugar to 2 tbsp. Omit the vanilla. Chill and serve in sherbet glasses. This does not unmold.

Orange Cornstarch Pudding

(A GOOD HOUSEKEEPING TESTED RECIPE)

Make Vanilla Cornstarch Pudding, substituting 3 c. strained orange juice for the 3 c. milk, and increasing the sugar to 5 tbsp. Omit the vanilla. Chill and serve in sherbet glasses. This does not unmold.

Orange Cornstarch Whip: Make Orange Cornstarch Pudding, reducing sugar to 3 tbsp. After cooking 25 min. stir *very slowly* into 1 well-beaten egg yolk. *Cook 1 min.* in double-boiler, stirring all the time; then cool, and chill until thickened. Next beat 1 egg white until stiff; gradually add 2 tbsp. granulated sugar, while continuing to beat until egg white peaks. Fold into cornstarch mixture, and beat until smooth and frothy. Chill. This should be

Blackberry Cornstarch Pudding

(A GOOD HOUSEKEEPING TESTED RECIPE)

Make Vanilla Cornstarch Pudding, substituting 3 c. juice drained from canned blackberries for the 3 c. milk. Also reduce sugar to 1 tbsp. Omit the vanilla. Chill and serve in sherbet glasses with or without cream. This does not unmold.

Coconut Cornstarch Pudding

(A GOOD HOUSEKEEPING TESTED RECIPE)

Make Vanilla, Chocolate, Butterscotch, or Caramel Cornstarch Pudding, adding 6 tbsp. of shredded coconut to the pudding after it is cooked 25 min. Then proceed as directed.

25 Cedar Posts.

57

30 Cedar Posts.

58

Sell cards 57

Sell cards 59

Sell cards 61

Pay cash on

I. H. White in the

Sell cards 63

Sell cards 65 and 66 for cash.

Pay currency for telephone rent, \$6.50.

67 200 Cedar Posts.

67

68 300 Cedar Posts.

68

currency. Debit

Rolled Oats Butter Crisps

- 1/2 Cupful of butter
- 1/2 Cupful of sugar
- 1 Egg
- 3/4 Cupful of sifted pastry flour
- 1/2 Teaspoonful of vanilla
- 1/2 Cupful of rolled oats

Cream the butter thoroughly, add the sugar gradually and continue creaming. Add the unbeaten egg and mix thoroughly. Add the sifted flour, the vanilla and the rolled oats. When well combined, drop from a teaspoon on to a greased baking pan. Flatten slightly with a spatula dipped in cold water and decorate the top with candied cherry, colored sugar, or a half nutmeat. Bake in a slow oven 275 degrees Fahr.—for about thirty-five minutes.

Gnocchi

Place one quart of milk and one teaspoonful of salt in the top part of a double boiler. Bring to boiling point and add gradually one cupful of Cream of Wheat, stirring constantly during the addition. Let boil for two or three minutes, then place over hot water and allow to finish cooking. Beat two eggs and mix thoroughly with the hot cereal. Pour into a shallow dish and allow to cool. Cut in rectangular shaped pieces and arrange in layers in a baking dish, having grated hard cheese between the layers. Dot with butter and bake in a moderate oven until browned.

Maple Puffed Rice Squares

- 1 1/2 Cupfuls of maple syrup
- 1/2 Cupful of sugar
- 3 to 4 Cupfuls of Puffed Rice

Combine the maple syrup and the sugar and heat to boiling point. Boil slowly until the mixture will form a hard ball when a little is dropped into cold water. Remove from the heat and pour over the Puffed Rice, mixing thoroughly so that every grain is coated. Turn into a well-greased pan and mark in squares. Puffed Rice should be crisped in the oven for a few minutes before mixing it with the syrup. Puffed Wheat may be used in this recipe if desired.

All-Bran Fudge Squares

- 4 Squares of chocolate (unsweetened)
- 1/2 Cupful of butter
- 2 Eggs
- 1 Cupful of granulated sugar
- 1/2 Cupful of sifted flour
- 1/2 Cupful of All-Bran
- 1/2 Cupful of chopped nuts (walnuts or pecans)
- 1 Teaspoonful of vanilla

Break the chocolate into small pieces and put, with the butter, into the top part of a double boiler. Heat slowly until the chocolate is melted and the mixture well blended. Beat the eggs until light, add the sugar and combine thoroughly. Add the chocolate and butter mixture and stir in the flour, the All-Bran, the vanilla and nuts. Pour into a greased flat pan to about one-third inch thickness and bake in a moderate oven—375 degrees Fahr.—for about twenty minutes. Cut in two-inch squares.

CHOCOLATE PARFAIT

Stir together over low heat until dissolved.....1 cup sugar
1 cup water

Bring to boil and boil without stirring to the soft-ball stage, 238° F. Beat until stiff but not dry.....3 egg whites

Gradually beat in the hot syrup and continue beating until quite cold. Melt over hot but not boiling water and add.....2 squares unsweetened chocolate

Whip until beginning to hold its shape.....2 cups heavy cream
Fold thoroughly into the chocolate mixture with.....1 tablespoon vanilla

Turn into a tray of mechanical refrigerator and freeze until firm. Or fill mould 3/4 full of the mixture; adjust the lid to the mould and secure it firmly with adhesive tape or wet cotton; bury in a pail of crushed ice and ice cream salt (four parts ice to one of salt) and freeze from 3 to 4 hours.

ANGEL CHARLOTTE RUSSE

- often.....1 tablespoon gelatine
- 1/2 cup cold water
- 1/2 cup sugar
- 1/2 cup boiling water

Dissolve gelatine in the hot sugar and water. Strain into a wet bowl and fill with occasional stirring until as thick as honey; then beat until very frothy. Whip until stiff.....2 cups heavy cream
Fold thoroughly into gelatine mixture with.....

- Few grains salt
- 1/2 tablespoon vanilla
- 6 stale macaroons (rolled to crumbs)
- 12 marshmallows, cut in small pieces
- 1 1/2 tablespoons each, finely-chopped red and green candied cherries
- 1/2 cup slivered blanched almonds

Turn into a wet mould or pile into individual serving glasses. Chill until firm.

FLUFFY CHOCOLATE PUDDING

- Cut up and melt over hot but not boiling water.....2 squares unsweetened chocolate
- 1 1/2 cups (1 can) sweetened condensed milk

Stir and cook over boiling water until very thick (from 5 to 7 minutes).

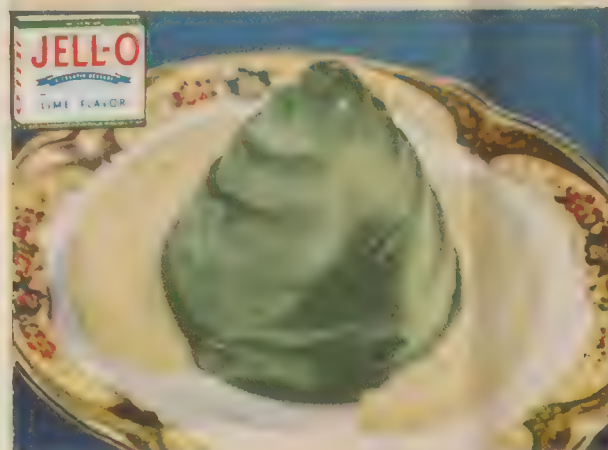


RED CHERRY CUP

No boiling water needed... no flavor lost in steam!

- 1 package Cherry Jell-O
- 1 cup warm water
- 1 cup canned cherry juice
- 2 cups canned red cherries, drained

Dissolve Jell-O in warm water. Add cherry juice and chill. When slightly thickened, fold in cherries. Turn into sherbet glasses and chill until firm. Serves 6.



GRAPEFRUIT DELIGHT

With no boiling heat to cool away, this new Jell-O sets with amazing speed!

- 1 package Lime Jell-O
- 1 pint warm water
- 12 grapefruit sections, free from membrane

Dissolve Jell-O in warm water. Chill. Arrange grapefruit sections in mold. When Jell-O is slightly thickened, turn into mold, being careful not to disarrange fruit. Chill until firm. Unmold. Serves 4.

right away... no cooling needed

- 1 package Orange Jell-O
- 1 pint warm water

Canned sliced peaches
Dissolve Jell-O in warm water. Turn into shallow pan. Chill. Arrange 3 peach slices in each sherbet glass. When Jell-O is firm, cut in cubes; pile tightly in glasses. Garnish with peach slices. Serves 4.



HAWAIIAN SUNBURST

This new Jell-O dissolves instantly in water only slightly hotter than lukewarm!

- 1 package Strawberry Jell-O
- 1 1/2 cups warm water
- 1/4 teaspoon salt
- 2 slices canned pineapple
- 1 cup canned pineapple juice

Dissolve Jell-O in warm water. Add pineapple juice and salt. Turn into individual molds. Chill until firm. Unmold. Cut pineapple slices in half crosswise and cut into small, pointed wedges. Arrange wedges around Jell-O molds in sunburst effect. Serves 4.



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Plum Marmalade (Marmelade des Prunes)

INTO preserving kettle put 5 pounds ripe red plums (with stones removed), weighed after preparing, and chopped, juice of 5 large oranges, chopped rind of 1/2 orange, 1 pound seedless raisins chopped, 1 leaf of French bay, 1/2 level teaspoon ground mace, 6 pounds sugar. Boil up the plum stones in a very small amount of water. Strain, discarding stones. Add liquid to marmalade. Stir and let stand 3 hours. Stir again and put on fire (over griddle). Cook carefully 40 minutes after it comes to a boil, stirring often. Remove and discard bay leaf. Seal immediately.

Gingered Beet Conserve (Conserve des Betteraves et Gingembre)

Mix well 2 1/2 pounds large red beets (pared and put through food chopper, using coarse knife), weighed after preparing, 1 1/2 pounds large crisp carrots (scraped and put through food chopper, using coarse knife), weighed after preparing, juice of 3 large oranges, juice of 3 large lemons, finely chopped rind of 2 oranges and 2 lemons, 5 pounds sugar, 5/8 cup vinegar, 7 cups water, 3/8 cup ground ginger, 1 teaspoon ground cinnamon, 1/2 teaspoon ground cloves, 1/2 teaspoon ground allspice. Let stand 3 hours. Stir and put on fire (over griddle). Cook carefully until thick, stirring often. Seal immediately.

Orange Conserve with Yams (Conserve des Oranges et Patates Douces)

MEASURE juice of 1 large grapefruit, juice of 6 large oranges, juice of 5 large lemons and the chopped rinds of the 1 grapefruit, 6 oranges and 5 lemons. Put into preserving kettle with 3 times as much water as fruit, add 1 pound seedless raisins (chopped), 1 pound carrots (scraped and chopped), weighed after preparing, 5 pounds yams (pared and chopped), weighed after preparing, 1 cup vinegar, 1 teaspoon ground mace, 1 teaspoon grated nutmeg. Cook carefully (over griddle) 2 hours after it comes to a boil, stirring often. Then add 8 pounds sugar and stir. Cook until thick, stirring often. Seal.

Carrot Conserve with Figs (Conserve des Carottes et Figues)

INTO preserving kettle put 1 1/2 pounds large crisp carrots (scraped and chopped fine), weighed after preparing, 1 large red beet (pared and chopped fine), 1 1/2 cups seedless raisins (chopped), 1 pound dried figs (stems removed, chopped), juice of 1 large grapefruit, juice of 1 large lemon, juice of 2 large oranges, chopped rind of the 1 grapefruit, 1 lemon and 2 oranges. Add 5/8 cup vinegar, 2 cups water and 3 pounds sugar. Stir and let stand 3 hours. Stir and put on fire (over griddle). Cook 40 minutes after it boils, stirring often. Seal.

Cranberry Conserve (Conserve des Airelles)

INTO preserving kettle put 3 quarts cranberries (stemmed and washed), grated rind of 1 orange, grated rind of 1/2 lemon, juice 6 large oranges, juice 1 lemon, 2 cups seedless raisins (chopped), 6 pounds sugar, 3 cups water, 1/2 teaspoon ground mace, 2 tablespoons vinegar. Stir and let stand 3 hours. Stir and put on fire (over griddle), stirring often. Cook 30 minutes after it boils. Add 1 cup chopped pecan meats and cook 3 minutes. Seal.

CRANBERRY FRAPPE

Cranberries 1 qt. Sugar 2 c.
Water 2c. Juice of 2 lemons

Pick over the cranberries and cook with the water for 10 minutes. Rub through a sieve. Add the sugar and lemon juice, and freeze to a mush. Serve in small sherbet glasses with turkey or chicken.

STUFFED CELERY

Select well-rounded stalks of celery, cut in two or three-inch pieces. Fill with a mixture of finely chopped celery, nut meats, cheese, pimento, moistened with salad dressing. Arrange with assorted olives.

CHRISTMAS SALADS

Lettuce, ripe tomatoes, jellied tomato juice, pimentos, stuffed olives, cucumber pickles, green peppers, parsley, peas, green beans, rosy apples, red and green cherries, offer a large variety from which to select Christmas colors in dainty salads.

PLUM PUDDING

Raisins 1 lb.	Dry bread
Currants 1 lb.	crumbs 1/2 lb.
Candied Orange and	Flour 1c.
lemon peel 1/4 lb.	Brown sugar 1 1/2 c.
Candied citron 1/4 lb.	Eggs 8
Finely chopped	Spices, nutmeg 1/4 lb.
suet 1/2 lb.	Cinnamon 3 t.
Fruit juice 1/2 c.	Allspice 1/4 t.
Cold coffee 1/2 c.	Salt 1/4 t.

Mix the fruits and suet, sift the dry ingredients and mix with the fruits. Stir in the beaten eggs and the liquid. Put in greased molds, filling them not more than two-thirds full, cover, and steam three hours.

STEAMED FIG PUDDING

Figs 3/4 lb.	Flour 1 1/2 c.
Water 1 1/2 c.	Baking Powder 2 1/2 t.
Suet 1/2 lb.	Brown sugar 1 c.
Dried crumbs 1 1/2 c.	Nutmeg 1 t.
Eggs 3	Salt 1/4 t.

Soak and stew the figs, covered to prevent evaporation. Cut them in pieces. Finely chop the suet. Mix the crumbs, suet, brown sugar, free from lumps, the sifted flour, salt, nutmeg, baking powder, well beaten eggs, figs and juice. Steam in covered molds for two hours or longer. This pudding is better for children than a very rich Christmas pudding.

SAUCES TO SUIT ALL TASTES Almond Fluff

Creamed butter 4 tb. Eggwhite 1
Powdered-sugar 1 c. Almond extract 1/2 t.

Work the sugar into the softened butter, beat into an egg white, beaten, add the almond extract, and beat till fluffy.

STERLING SAUCE

Cream 1/2 c. butter, add 1 c. brown sugar gradually, 4 tb. thin cream or rich milk very slowly, and 1 t. vanilla. Beat well.

CREAMY SAUCE

Butter, creamed 1/4 c. Milk 3 tb.
Powdered sugar 3/4 c. Vanilla 1 t.

Add the sugar gradually to the butter, then the milk and flavoring very slowly, stirring constantly over hot water, till the sauce is warm and perfectly blended.

FOAMY SAUCE

Beat 2 egg-whites till stiff, add gradually 1 c. powdered sugar, set over hot water and slowly beat in 4 tb. hot milk and 1 t. vanilla.

YELLOW SAUCE

Beat 2 egg yolks till thick, beating in gradually 1/2 c. powdered sugar.

Beat the whites, gradually adding 1/2 c. powdered sugar. Combine the two mixtures, adding flavoring.

WHITE FRUIT CAKE

Butter 1 c.	Baking powder 1 t.
Sugar 2 c.	Almonds
Eggwhites 8	blanched 1/2 lb.
Citron peel 1/4 lb.	Coconut 1 c.
or more	Milk 2 tb.
Flour 3c.	Flour 1 t.

Cherries, red and green 3/4 lb. or less

Cream the butter and sugar till fluffy. Dredge the fruit with a little flour. Fold in the beaten egg-whites last. Almond extract or rosewater are suggested flavoring. The amounts of citron peel and cherries may be varied. Candied pine-apple may replace some of it. Bake in a moderate oven for an hour or a little longer.

THE SWEETEST CHRISTMAS GIFT

TO MANY people, Christmas would not really be Christmas without some home-made candy, no matter how attractive that offered in the shops may be. So let us make a variety, both to serve at home, and to give away. Some may be started two or three weeks before Christmas, helping to avoid the last minute rush. Fondants are the better for time to ripen, before being used. Then there is an infinite variety of candies which may be made very quickly, a short time before required. Our attitude towards candy has altered considerably of recent years. We look upon it as a valuable food, when eaten in reasonable amounts, and at the right time. No other food material is ready for use by the body, so soon after being eaten, as sugar. For this reason it is invaluable as a means of preventing fatigue. Candy is one of our most delicious and easily used forms of sugar. On the other hand, this very quality of sugar makes it undesirable shortly before meal time, or early in the meal. But when eaten at the end of a meal, or when food is required to prevent exhaustion, it is a most excellent choice. Being such a highly concentrated food, the appetite is soon satisfied, thus making it impossible to eat sufficient amounts of the essential foods, unless those other foods are eaten first. Sugar is essential to the proper digestion of other food materials.

For many years, there has been a belief that candy is injurious to the teeth. There is nothing about candy which can possibly harm any teeth, but eating it in too large amounts prevents eating enough milk, potatoes, bread, and other foods which are essential to building good teeth and bones.

During busy holiday days, let us have a few pieces of delicious home-made candy for dessert. No more acceptable gift could be sent to many of our friends than a dainty box of assorted home-made confections. Celophane, gay papers, waxed or for wrapping, ribbons of paper, and other materials, boxes of all shapes and sizes, make a very simple gift truly beautiful. Other containers, such as jars, bowls, dishes or kitchen utensils, may be filled with confections or other good things to eat.

Equipment for home candy making need be neither elaborate nor expensive. Saucepans should be perfect! [Continued on page 49]

centres in one at a time. Turn to coat all sides, and remove to waxed paper, or a platter to dry. A fork or a piece of wire bent into a loop may be used for dipping. Keep the fondant over hot water, and stir between dipplings to prevent a crust forming on top.

Chocolates are dipped in exactly the same way. A specially prepared chocolate may be bought for the purpose. Melt it to 110°F., stirring while melting, then cool to about 80°F., and try to keep it near this temperature.

Fondant creams, fudge, pieces of preserved ginger, dates (pitted), nuts, such as halves of walnuts, or pecans, brazil nuts, almonds, filberts, clusters of raisins, uncooked cream candies, marzipan mixture, candied cherries or bits of candied pineapple all make delicious centres for either chocolate or fondant dipping.

The melted fondant or chocolate must be deep enough to coat as many centres as one wishes to have. Mint patties or some similar type of candy may be made of what remains in the saucepan. Coconut may be stirred in the melted chocolate and dropped from a spoon on waxed paper, or nuts may be added, and the mixture poured into a small flat pan, and when hard cut in squares or oblongs like fudge.

MAPLE NUT BARS

Melt maple fondant over hot water, stir in any nut meats, broken rather fine, pour into a greased pan, cool, and cut in small bars or squares.

UNCOOKED CANDY

1. Mash a medium sized baked or boiled potato, slightly salted, till entirely free from lumps. Work in all the confectioner's sugar it will take. Flavor and color as liked, add cocoa, melted chocolate, coconut, broken nut meats, candied fruits, if wished. Form in balls, press a half nutmeat or piece of ginger, etc., on top, use as centres for dipping in chocolate, use for stuffing dates or prunes, or roll in long rolls to be sliced as required.

2. Blend condensed milk with confectioner's sugar, using about 2½ c. of sugar to ½ c. of milk. Flavor and tint.

3. Blend the white of one egg, unbeaten, 1 lb. cream or evaporated milk and as much confectioner's sugar as it will absorb. Flavor and color.

DIVINITY

Granulated sugar 2c. Water ½ c.
Corn syrup ½ c. Vanilla 1 t.
or honey 1/3 c. Eggwhite 1
Red or green cherries and nutmeats

Boil the sugar, water and honey or corn syrup to 240°F., pour on the stiffly beaten egg-white (add a pinch of salt while beating the egg), add the vanilla, and if wished, nutmeats or candied fruit cut in small pieces, when it begins to thicken. Beat constantly while pouring the syrup on the egg and continue beating till the candy is thick enough to drop by spoonful on waxed paper, or put in a pan to harden and cut in squares.

FRUIT PASTE I

Finely chop 1 c. seeded raisins, 1 c. dates, 1 c. prunes which have been

steamed a few minutes, and 2 c. nutmeats. Knead till smooth. Make into balls, which may be dipped in melted fondant or chocolate, or form into a roll to be sliced or pack in a greased pan to cut in squares when firm.

FRUIT PASTE II

Finely chop 1 lb. each of figs, dates and walnut meats, knead with confectioner's sugar till smooth enough to roll out on a board. Use confectioner's sugar to dredge the board and rolling pin. Cut with a tiny sharp cutter, or in squares with a sharp knife. Roll each piece in confectioner's sugar.

BUTTER SCOTCH

Sugar 1 c. Water 2 tb.
Molasses ¼ c. Butter ½ c.
Vinegar 1 tb. Vanilla 1.

Boil to 250°F., the sugar, molasses and vinegar and water. At about 245° or 246°F. add the butter, cut in small bits, and the vanilla. Pour into a greased pan, and let harden. When partly cool, mark into squares. Break apart, and wrap each piece in waxed paper.

MAPLE SUGAR AND SYRUP

Every country has some specialties, which though they may not be entirely indigenous to the country, seem so because they are made there with a care that produces a flavor that is essentially their own. Maple syrup and maple sugar are as Canadian as the maple leaf itself. So the foods with which they are eaten—pancakes, buckwheat cakes, layer cake with maple filling, etc.—become accessories to maple flavor.

To prepare the sugar (which comes in little cakes, or large square ones of several pounds) use a sharp knife and shave the sugar down. This is better than grinding or grating, which should only be resorted to if you have allowed the sugar to become very dry. (It should be kept well wrapped, in a tight tin). But at its best, your fresh prepared sugar is a dish of tawny feathers, interspersed with small lumps like tiny nuts, where it has broken off under the knife. Shaved maple sugar can be used as other sugars are. Try it on apple tart, on blanc mange, on many things where before you have been content with ordinary sugar—and find a new sweet.

MAPLE CREAM SAUCE FOR APPLE PIE OR PUDDING

Whip 1 c. of cream stiff. Fold in ½ c. shaved maple sugar. Sprinkle with cinnamon and maple sugar on top. Serve at once. Especially toothsome! (This may be made with cream that has turned a little sour).

MAPLE BUTTER FROSTING (FOR CAKES)

Castor sugar Can. maple syrup 1 c.
(about) 3 c. Butter ½ c.
Chopped browned nuts

Simmer the syrup for three minutes, and cool again. Cream the butter till light, add salt, and ½ c. sugar, then alternate syrup and sugar, beating well each time, till all are incorporated, adding more or less syrup and sugar to make it the right consistency to spread with a knife made hot in boiling water. Sufficient for a large two-layer cake. Sprinkle the top with a few chopped and browned nuts.

Apple Marmalade

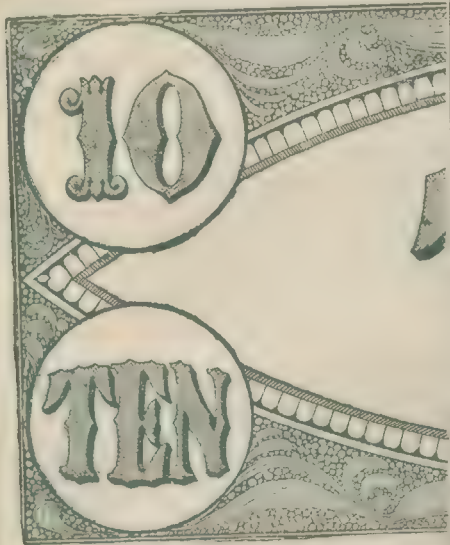
(Marmelade des Pommes)

Wash, pare and core tart firm apples, having 6 pounds when finished. Cut parings and cores fine and put them into a saucepan with just enough water to cover. Cook until very soft and strain through a sieve. Save the liquid. Put the apples themselves through a food chopper, using the coarse knife. Into preserving kettle put the apples and liquid from boiled parings, 6 pounds granulated sugar, 2 cups brown sugar, juice of 10 large oranges, juice of 6 large lemons, grated rind of 1 orange, grated rind of 1 lemon, 1 leaf of French bay (whole), 1 teaspoon grated nutmeg, ½ teaspoon ground mace, ¼ teaspoon ground cloves and 2 teaspoons ground cinnamon. Add cold water to cover. Stir well and let stand 3 hours. Stir again thoroughly and put on fire to cook (over griddle). Cook slowly several hours or until it is as thick as mush. Stir very often to prevent scorching. Fish out the bay leaf and seal immediately.

Pomegranate Marmalade

(Marmelade des Grenades)

Scoop the seeds from 25 large ripe pomegranates and press out all their juice through a wire sieve. There should be 3 pints of juice. Wash 1 pound purple grapes. Slip pulps from skins; put pulps into saucepan, heat thoroughly (do not boil) and put through rough sieve. Discard seeds and add rained pulp to skins. Into preserving kettle put skins and pulp of the grapes, the pomegranate juice, 5 leaves of fresh mint (washed), juice of 2 large lemons, juice of 3 large oranges, grated rind of ½ lemon, grated rind of ½ orange. Add ½ cup vinegar, ¼ teaspoon ground cloves, ½ teaspoon ground cinnamon, 5 pounds sugar. Stir well and let stand 1 hour. Stir again and put on fire (over griddle). Cook carefully 40 minutes after it comes to a boil, stirring often. Seal immediately.



Credit I. H. White for one m
Have your Cash-Book and y
Deposit all cash on hand.
Post your books, beginning w
Make out a statement of you
cedar posts at actual cost; the Chat
Change your books from single to double entry, and close them accor
Take a Trial Balance.
Submit your books to your teacher for inspection.
When your books have been approved, file your notes and checks, and write up your Pass Book.

BAKED BANANAS II

Make a syrup of 3 tb. butter, $\frac{1}{2}$ c. sugar, $\frac{1}{4}$ c. orange juice, 2 tb. lemon juice, by stirring over the fire till the butter and sugar are melted. Dip quarters of banana in the syrup, lay, flat side down, on a greased shallow pan and bake in a moderate oven, basting with the syrup till it is all used. The orange and lemon juice may be omitted if wished. This is especially good with meat loaf, or with baked or boiled ham.

SAUTED BANANAS

Peel bananas, cut in halves cross-wise, and again in halves lengthwise, sprinkle with lemon juice, roll in flour, and brown in a small amount of fat in a hot frying pan. Very good with a vegetable plate luncheon or dinner.

BANANA CUSTARD

An ideal dessert for the children. Make a soft custard, by heating in the double boiler 2 cups of milk, pour on the slightly beaten yolks of 3 eggs, or two whole small eggs, and 4 table-spoons of sugar, stirring while pouring. Return to the double boiler, and stir constantly over hot water till the mixture coats the spoon. Remove at once from the hot water, add $\frac{1}{2}$ teaspoon of salt, and chill. Flavor with vanilla, or vanilla and almond extract. When ready to serve, pour over sliced bananas.

BAKED BANANA CUSTARD

Scalded milk, 2 c. Sugar, $\frac{1}{4}$ c.
Eggs, 2 or 3 Salt, $\frac{1}{4}$ t.
Sliced bananas

Grease custard cups, put slices of raw bananas in each. Pour the hot milk on the slightly beaten eggs, sugar and salt, stirring till well blended, and the sugar is melted. Pour on the bananas, set the cups of custard in a pan of hot water, and cook in a slow oven till a silver knife inserted in the custard comes out clean. Serve warm or cold. If the custards are to be turned out as a mold, three eggs will be required to make them stiff enough to retain the shape.

BANANA FRITTERS I

Cut bananas in quarters, sprinkle with lemon juice. Dip in batter, and fry in deep fat, drain on unglazed paper. Sprinkle with powdered sugar and serve hot.

Flour, $\frac{1}{2}$ c. BATTER
Salt, $\frac{1}{4}$ t. Eggs, separated, 1
Milk, $\frac{1}{4}$ c. Melted butter or oil,
 $\frac{1}{4}$ tb.
Mix the flour and salt, gradually add the milk, the well beaten egg yolk, fat, and stiffly beaten egg white.

BANANA FRITTERS II

Flour, 1 c. Milk, 4 tb.
Baking powder, 2 t. Egg, 1
Sugar, 1 tb. Medium bananas, 3
Salt, $\frac{1}{4}$ t. Lemon juice, 3 t.

Sift the flour, baking powder, sugar and salt, beat the egg well and add with the milk to the flour. Mash the bananas thoroughly with a silver fork mix with the lemon juice, and add to the first mixture. Drop by spoonful in deep fat, drain, and serve with lemon pudding sauce.

BANANA SHORTCAKE

Make hot baking powder biscuit using 2 tablespoons of shortening and 2 tablespoons of sugar to each cup of flour. Bake, split, and butter. Cover the lower half with sliced bananas, put on the top, with a banana on it, and whipped cream the bananas.

BANANA MUFFINS

Flour, 2 c. Brown sugar, $\frac{1}{2}$ c.
Baking powder, 3 t. Raisins or dates, $\frac{1}{2}$ c.
Salt, $\frac{1}{4}$ t. Eggs, 2
Nutmeg, $\frac{1}{8}$ t. Mashed banana, 1
Cinnamon, $\frac{1}{4}$ t. Milk, $\frac{1}{4}$ c. or more
Melted shortening, 2 tb.

Sift the flour, salt, baking powder and spices. Add the brown sugar, well beaten eggs, raisins or mashed banana, milk to make a batter, and melted shortening. Mix well, and bake in greased muffin or in small paper baking cups muffin pans. Bake in a hot 400° F., for about 25 minutes till done.

FRUIT SALAD PLATE (Serves 1)

On a large dinner plate (a salad plate if you have it), arrange lettuce leaves. Peel a banana in halves lengthwise. Peel an orange removing the skin down to just above the pith. Cut in slices. Arrange banana in large section of plate, topped with orange slices as shown. In smaller sections of plate, place large prunes, which have been washed and stuffed with cottage cheese moistened with orange or with peanut butter, thinned with orange juice. In the fourth section of plate, place 3 or 4 dates and walnut halves. Serve with known dressing.

Spaghetti with Sardine Sauce

(A GOOD HOUSEKEEPING TESTED RECIPE)

- | | |
|-----------------------------|--|
| 1 8-oz. pkg. spaghetti | 2 c. bottled milk or 1 c. evaporated milk and 1 c. water |
| 3 ½ tsp. salt | 1 peeled clove garlic |
| 3 qts. boiling water | 1 8-oz. can sardines |
| 2 tbsp. butter or margarine | 1 tsp. lemon juice |
| 1 tbsp. minced onion | Grated cheese |
| 1 tbsp. flour | |

Cook the spaghetti with 3 tsp. salt in the boiling water for 10-20 min. or until tender. Drain and keep hot. Meanwhile melt the butter in a double-boiler. Add the onion, cook until tender; then add the flour and ½ tsp. salt, and stir until smooth. Next add the milk gradually while stirring constantly, place over boiling water, and cook while stirring constantly until the mixture thickens. Add the garlic cut in halves, the sardines which have been drained of oil and mashed with a fork, and the lemon juice, and heat well. Remove garlic, pour sauce over the drained spaghetti, and either simmer on top of the stove for 15 min. or bake in a 1½-qt. casserole in a hot oven of 400° F. for 15 min. Pass grated cheese in serving. Serves 6. To serve 2 or 3, make half this recipe.

Round Steak Creole

(A GOOD HOUSEKEEPING TESTED RECIPE)

- | | |
|------------------------------------|--|
| 1 c. soft bread crumbs | 1 bottom round steak, 1" thick, 3 lbs. wt. |
| ½ c. minced celery | 2 c. strained tomatoes |
| ¼ c. minced onion | ½ c. minced, seeded green pepper |
| 1 tbsp. chopped parsley | 8 medium or 12 small potatoes |
| 1 ½ tsp. salt | |
| ½ tsp. pepper | |
| 1 tsp. sage | |
| 4 tbsp. melted butter or margarine | |

Combine the bread crumbs, celery, ¼ c. minced onion, parsley, ½ tsp. salt, pepper, sage, and melted butter. Spread over the surface of the round steak, roll up like a jelly roll, and tie with string. Arrange in a baking pan and pour the tomatoes, ½ c. minced onion, green pepper, and 1 tsp. salt, mixed, over all. Bake in a moderate oven of 350° F. for 3 hrs.; 45 min. before the steak is done arrange the pared potatoes, which have been boiled for 15 min., around the meat, and cook for the remaining 45 min. Serve the steak on a platter with the potatoes around it and the sauce poured over all. Serves 6. To serve 2 or 3, make half this recipe.

If desired, a hubbard squash may be baked in the same oven with the meat and potatoes. Select a squash weighing 4 lbs.; cut it into wedge-like pieces of suitable size for individual service. Remove the seeds,

Hot Meals for Cold Days

sprinkle squash with salt and pepper, and brush with melted butter or margarine. Arrange in a shallow covered baking pan. Or wrap in parchment paper, placing 2 pieces of the squash in each package, and tie. Two hours before the steak is removed, put the squash in the oven and bake 2 hrs. Serve in the shell, brushed with more melted butter.

Raisin, Date, and Nut Pie

(A GOOD HOUSEKEEPING TESTED RECIPE)

- | | |
|-----------------------------|---------------------------|
| 1 c. seeded raisins | 2 c. hot water |
| 1 c. pitted dates, cut fine | 3 tbsp. lemon juice |
| ½ c. granulated sugar | ½ tsp. grated lemon rind |
| ½ tsp. salt | 2 tbsp. cornstarch |
| 2 tbsp. butter or margarine | 3 tbsp. cold water |
| | 1 c. chopped walnut meats |
| | Plain pastry |

Cook the raisins, dates, sugar, salt, butter, and hot water together for 5 min. Add the lemon juice and rind, and the cornstarch which has been mixed to a smooth paste with the cold water. Cook uncovered, about 10 min. or until thick, stirring frequently. Add the nutmeats and cool. Line a 9" pie plate with plain pastry which has been made with 2 c. sifted cake or pastry flour, ¾ tsp. salt, ½ tsp. baking powder, ⅓ c. shortening, and 4-6 tbsp. cold water as a basis. Fill with the date mixture and cover with a top crust or a latticed crust. Bake in a hot oven of 450° F. for 30 min. Serves 6. To serve 2 or 3, make 2 individual 5" pies using half this recipe.

Salt Codfish in Curry Sauce

(A GOOD HOUSEKEEPING TESTED RECIPE)

- | | |
|-----------------------------|--|
| 1 lb. salt codfish | 4 tbsp. flour |
| ¾ c. uncooked white rice | Few grains pepper |
| 1 tbsp. salt | 2 tsp. curry powder |
| 2 ½ qts. boiling water | 2 c. bottled milk or 1 c. evaporated milk and 1 c. water |
| 4 tbsp. butter or margarine | |

Cover the codfish with cold water and let stand several hours to freshen. Drain, cover with cold water, and bring to boiling point. Drain, flake, and keep hot. Boil the rice with the salt in the boiling water for 15-20 min. or until tender. Drain and keep hot. Meanwhile melt the butter in a double-boiler. Remove from heat, add the flour, pepper, and curry powder, and blend thoroughly. Add the milk, return to double-boiler, and cook, stirring constantly until thickened. Cover and cook 10 min., stirring occasionally. Arrange the fish in the center of a platter with the rice as a border around it. Pour the curry sauce over all and serve. Serves 6. To serve 2 or 3, make half this recipe.

Cream of Pea Soup with Vegetables

(A GOOD HOUSEKEEPING TESTED RECIPE)

- | | |
|--|----------------------------------|
| 2 ½ c. finely chopped pared raw potatoes | 1 c. cold water |
| 2 c. minced onion | 2 tbsp. butter or margarine |
| 2 ½ c. finely chopped pared raw carrots | 2 tbsp. flour |
| 1 qt. boiling water | ½ tsp. salt |
| 1 No. 2 can peas | 1 ½ tsp. pepper |
| 1 can condensed vegetable soup | Few grains nutmeg |
| | ½ c. top milk or evaporated milk |

Combine the potatoes, onion, carrot, boiling water, and both the peas and liquor from the can; cover; and simmer for 1 hr. Then press through a coarse sieve and add the vegetable soup and cold water. Next cream the butter and flour together, add the salt, pepper, and nutmeg, and add to the soup mixture gradually, while stirring. Heat until thickened, stirring constantly. Just before serving add the top milk, heat again, and serve. Serves 6. To serve 2 or 3, make half this recipe.

Veal and Sausage Rolls

(A GOOD HOUSEKEEPING TESTED RECIPE)

- | | |
|-------------------------------|-------------------------------|
| 2 lbs. veal steak, 1 ½" thick | 1 peeled clove garlic, minced |
| 1 ½ lb. sausage meat | ½ tsp. salt |
| 1 tbsp. minced parsley | Few grains pepper |
| | 1 tbsp. fat |

Cut steak into slices 4" long and 1 ½" wide. Mix sausage, parsley, garlic, salt, and pepper, and spread thinly on the veal slices. Roll up each slice like a jelly roll and tie with string. Melt the fat in a covered skillet, add the veal rolls, and brown on all sides. Add enough boiling water to half cover the meat. Cover and simmer 1 ½ hrs., replenishing with boiling water as needed. When done, remove string from meat and arrange meat on hot platter. Prepare gravy from the drippings in pan. Pour over the meat. Serves 6. To serve 3, make half this recipe. (Continued on page 158)



SINGLE EN

This examination should be pen-v Book, and Ledger, and use the dates acco Keep personal accounts only.

The single entry form of Cash Bool posted should be checked at the time the

The business, General Hardware, Cincinnati, O., of W. M. Russell, at a mo

The following are the Resources an RESOURCES.—Cash, \$4,900; W. I maturity until paid, at 1 per cent. per mon \$7.800; Expense Inventory, \$730.

LIABILITIES.—Your note on dema J. S. Gannon, on account, \$1,125.50; Osb Paid rent to March 1, \$50.

2d. Bought of Cunningham, Curt

3d. Bought a safe of Hall Safe &

4th. Bought of Osborn & Alexan after date, without interest.

5th. Sold to G. W. Fuller, No. 6

6th. Sold to Crocker Brothers, N

¼ dozen sheep-shears, No. 1,242, @ \$12,

Paid the Hall Safe & Lock Co., ca

G. W. Fuller remitted cash on acco

8th. Sold to A. B. Coon for cash,

net; 20 lbs. glue, @ 23 cents net; 5 lbs. sh

9th. Paid J. S. Gannon, cash on a

10th. Sold to G. W. Fuller, No.

18 cents; ½ doz. D. H. S. P. shovels @ \$

Crocker Brothers paid cash on acco

11th. Sold to J. D. Marshall, 1,50

knives and forks, No. 262, @ \$2.50; 3 d

sale on your note of the 4th in favor of Osb

Paid Hall Safe & Lock Co., cash on

20th. Cash sales from the 11th to t

An error has been discovered in tl

with 10 lbs. of No. 5 shot @ 12 cents;

made on that date.

Buy, for cash, of Fletcher Hardware

22d. Bought of Osborn & Alexan

per cent. for cash. Paid \$500 on this in

them for the cash and discount.) See note,

23d. G. W. Fuller remitted cash in

24th. Withdraw \$75 for personal us

Paid cash, \$75, for a typewriter to be

Sold to Cunningham, Curtis & Wel

11 cents; 6 dozen powder flasks, No. 3,247

26th. Prepaid the balance of your

27th. Paid Osborn & Alexander ca

Feb. 1. Post your books, beginn

II. B. Burton, 11 lines; Cunningham, Curtis & Welch, 7 lines; Hall Safe & Lock Co., 9 lines; J. S. Gannon, 8 lines;

Osborn & Alexander, 10 lines; G. W. Fuller, 8 lines; Crocker Bros., 9 lines.

Make out a Statement of your business, assuming the inventories to be as follows: Merchandise, \$9,533; Expense

Inventory, \$975; Bills Payable and Bills Receivable to date, with accrued interest.

Close your books and then submit them to your teacher for inspection.

SPINACH RING

White sauce 1 c. Eggs, separated 3
Chopped cooked Chopped cheese 1 c.
spinach 1 c. Salt and pepper to taste
Baking powder ½ t.

Melt the cheese in the hot white sauce, add the spinach and seasonings, and beaten egg yolks. Fold in the stiffly beaten whites to which the baking powder has been added. Put in a well-greased ring mold, set in a pan of hot water and bake in a moderate oven 350°F., till a knife inserted in the centre comes out clean. Invert on a hot round platter, fill the centre with creamed carrots or creamed hard-cooked eggs, sliced, and serve at once.

MOLDS OF CARROT AND SPINACH

Half-fill well-greased custard cups with seasoned, finely chopped cooked spinach, packing it in well. Fill the cups with finely chopped cooked carrots, packing it down solidly. Set the cups in a pan of hot water and put in the oven for 20 minutes, or set the cups in a steamer for 20 minutes. Turn each mold out carefully on a hot serving plate, or on a platter, and serve at once.

CARROT RING WITH PEAS

Cooked carrots ½ c. Bread crumbs ½ c.
Eggs, separated 3 Salt and pepper
Rich milk or cream ½ c. Carrot juice ½ c.

Mash the carrots, add the soft crumbs, milk and carrot juice, and season to taste. Add the beaten egg yolks, then fold in the stiffly beaten whites, and cook as the spinach ring. Fill the centre, after unmolding, with creamed peas, or any other vegetable.

RHUBARB TAPIOCA

Rhubarb 2½ c. Cream and sugar
Boiling water 1½ c. Quick cooking
Sugar 1 c. tapioca ¾ c.
Salt ½ t.

Mix the ingredients, except the cream and sugar, and cook either in a double boiler, or in a closely covered dish in the oven, till the tapioca is clear and the rhubarb tender. Serve either warm or cold, with sugar and cream.

RHUBARB SHORTCAKE

Wash and cut in one inch pieces 4 cups of rhubarb, add 1½ cups of sugar, 4 tb. of water and 1 t. of grated lemon rind. Let stand till the sugar is partly melted (about one-half hour) then cook till the rhubarb is tender but not mashed. Cool, add a little grated pineapple, and put between and on top of warm baking powder biscuits, split in halves. Put whipped cream on top.

AT NO other season of the year does a gelatine dish seem so attractive, whether as main dish, salad or dessert. The sparkle and bright colors are particularly appealing. Either the type which is already sweetened, flavored and colored, may be used, or the plain gelatine to which may be added what one wishes. A lemon base is suitable for most main dishes and salads. Or the liquid may be a well-seasoned soup stock or bouillon, either home-made or one of the many varieties of canned soups. To this may be added, when the jelly begins to thicken, a big variety of meats and vegetables, such as:

Chicken, cubes or slices; veal; ham; corned beef; hard cooked eggs, sliced,

with vegetables; salmon, lobster; tuna, or shrimps.

Vegetable combinations, using tomatoes, asparagus tips, celery rings, peas, string beans, carrot slices, shredded cabbage.

Good garnishes are celery rings, slices of olive, egg slices, bits of green pepper or pimento, slices of sweet pickle.

Any of the suggestions above make good salads, if served with lettuce and dressing. Or to a slightly sweeter gelatine base may be added a large variety of fruits, among them: apples, white grapes, pineapple, dates, bananas, cherries, pears, nut meats.

Any of the fruits may be combined with jelly of any suitable flavor to make most delicious desserts.

For variety the jelly may be whipped when beginning to set, or may have whipped cream or beaten white of egg folded in.

Cake and pie combinations with the gelatine are delicious.

Pie or individual tart shells may have pieces of fruit laid in them, covered with gelatine just beginning to thicken, and garnished with whipped cream, to make an especially festive dessert. Jelly made rather stiff, then chopped with a fork and piled in sherbeter glasses, then sprinkled with nut meats, or cocoanut, is one of the most easily prepared of desserts. The chopped gelatine makes an attractive garnish for salads and desserts, while cubes of stiff jelly are splendid garnishes for cold meats.

When we want more elaborate desserts whipped cream folded in gives us any of the Bavarian creams desired, while a custard foundation gives us any of the delicious Spanish creams.

WHAT SHALL I SERVE?

SO OFTEN this question arises to perplex even the most versatile hostess. New and original dishes, something different for a change, something not served before—What shall it be?

That question can be answered with a wide range of dishes that are simple and easily prepared by the use of cheese. And when served they are surprisingly delicious and beautiful to look upon.

For sandwiches, as a tidbit with pie, in salads, as the main hot dish for the luncheon or dinner, in the dessert—cheese lends itself to such a variety of good-tasting combinations.

Just as there are many kinds of cheese, there are many delightful ways to prepare them. The quest for new flavors in cheese and new cheese dishes is a delightful experience, for very often a new favorite is found. Not to know the different flavors of cheese and the uses for each is to have missed one of the greatest of food variations. We need never tire of this wholesome food. One may have a different kind for every day in the week. And this makes it pleasingly possible to have cheese on the menu of at least one meal every day, as we are told by dietitians that we should.

Cheese should be a part of every diet. Ask any physician or dietitian and he will tell you that cheese is a

[Continued on page 64]

great builder of bone and tissue—that it is especially rich in proteins. It is an extremely healthful food, containing more of the life, growth and strength essentials than perhaps any other single food, milk excepted.

It is a particularly valuable food to the system when served with vegetables, salads, fruits and coarse breads, like bran bread, wholewheat bread or graham bread. Coarse foods served with cheese provide the roughage which compensates for the lack of waste matter in the cheese, as cheese is over 95 per cent assimilated by the body.

Here are a few recipes that have been declared delicious by those who have tried them:

CHEESE VEGETABLE SALAD

Salad oil 6 tbsps. Chopped olives 1 tbsp.
Lemon juice 2 tbsps. Boiled green beans, cold 1 c.
Salt ½ tsp. Cooked peas ½ c.
Pepper, paprika and dry mustard, each ¼ tsp. Kidney beans ½ c.
Chopped parsley 1 tbsp. Cheese, grated ½ c.

Make salad dressing by mixing oil, lemon juice and seasonings. Add chopped parsley and olives. Mix vegetables and cheese thoroughly and marinate with dressing. Serve on very crisp lettuce.

CHEESE JELLY SALAD

Gelatine 1 tbsp. to taste
Whipping cream 1 c. Roquefort Cheese ½ c.
Salt, pepper, paprika Lettuce

Soften gelatine in ¼ cup cold water; ½ cup boiling water, stir until thoroughly dissolved; set mixture aside to cool. When it becomes somewhat firm fold in the stiffly beaten cream and seasonings, add cheese and pour into either large mold or individual molds. Chill thoroughly and when firm serve on crisp lettuce.

SALMON LOAF

Salmon, cooked or canned, fresh 1 lb. Milk 3 tbsps.
Cheese, grated 1½ c. Melted butter 1 tbsp.
Egg 1 Salt ½ tsp.
Cracker or bread crumbs Few grains pepper

Remove bones from fish and flake it. Add grated cheese, beaten egg, milk, melted butter, pepper, salt, and enough crumbs to stiffen the mixture. Mix well and form into a loaf in a baking pan. Cover with bread crumbs and sprinkle with cooking oil or melted butter. Bake in a moderately hot oven until golden brown. This may be served hot from the dish or allowed to cool and cut in slices for a luncheon or supper dish, garnishing the dish with parsley and sliced lemon, shaking paprika over the whole.

CHEESE-BEAN ROAST

Kidney beans 1 lb. can Bread crumbs 1 c.
Cheese, grated ¼ lb. Salt, pepper and paprika to taste
Onion, chopped fine 1 Eggs 2
Butter 1 tbsp.

Drain liquid from beans; run beans and cheese through meat chopper. Cool onion in butter. Combine ingredients; add seasonings and eggs beaten thoroughly. Then mold into a loaf or roll, moisten with melted butter and water and roll in bread crumbs; or pack firmly in a buttered baking dish and cover the top with buttered crumbs. Bake in a moderate oven until nicely browned. Serve with tomato sauce.

SUGGESTED SANDWICH FILLINGS

Cream Cheese with scraped cucumber—raisin bread.

Canadian Cheese with jelly, jam or marmalade—toasted bread.

Cream Cheese, a few drops of lemon with peanut butter—graham bread.

Nukraft with shredded pineapple.

Canadian Cheese with chopped candied ginger.

Cheese with chopped dill pickle.

Cream Cheese with chopped dates

Cream Cheese with chopped pecans and French dressing.

Cream Cheese with chopped green peppers.



Butterfly salad composed of canned pineapple and banana, with strips of pimento, dabs of chocolate and slices of stuffed olive.

During the remainder of the business, keep an Expense account. Make an entry, debiting this account with the inventory.

Feb. 1. Paid cash for one month's rent, \$50.

CW

1934 FEBRUARY						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

Starting with We Planned

BREAKFAST

Halves of Grapefruit
Sausage
Waffles Syrup
Coffee Milk

BREAKFAST

Canned Unsweetened Pineapple Juice
Hot Cooked Cereal Milk
Bacon Whole-Wheat Toast
Coffee Milk

Sliced Bananas with
Ready-to-Serve Cereal Milk
Poached Eggs on Toast
Coffee Milk

Compote of Prunes
Soft-Cooked Eggs Raisin Toast
Coffee Milk

Orange Juice
Hot Cooked Cereal Milk
Bran Muffins Peach Jam
Coffee Milk

Sliced Bananas
Ready-to-Serve Cereal Milk
Scrambled Eggs
Whole-Wheat Toast Grape Jelly
Coffee Milk or Cocoa

Orange Juice
Hot-Cooked Cereal with Dates Milk
Bacon Toasted Split Rolls
Coffee Milk

Roast Leg of Lamb
Boiled Rice
Pickled
Bread
* Orange
Coffee

Canned Spaghetti
Tomato
Lettuce Salad
Bread
Chocolate
Tea

Dried Lima Beans
Brown
Sliced

Creamed String Beans
with Minced
Bread
Baked
Tea

Toasted
Caramel

Salmon Chowder
Bread
Salad Bowl
Tea

Lettuce and Deviled
Pineapple Cakes
Packaged
Hot Flavored
Asterisks indicate that
pgs.

interest, 5 dozen "Daisy" scythes @ \$8.50; 5 dozen \$10.50.

without interest, merchandise as per Invoice No. 5, \$50 per cent. for cash, 1/2 dozen 15-inch monkey-wrenches

lines @ \$1.75; 150 lbs. barbed wire @ 3 cents; & W. trimmers @ \$4.50.

per cent. for cash, hardware as per Invoice No.

Methods for Mixing and Decorating

[CONTINUED FROM PAGE 72]

It is advisable to begin conditions with flour. Then lightly fold in the egg and mix the sugar.

IF YOU use oil for shortening in your cakes, a splendid procedure is this: Melt 4 tablespoons butter in the pan and add 1/2 cup brown sugar. Stir over a low fire until the sugar is melted. Then alternate the halves of apricots and prunes in the pan and pour on the batter.

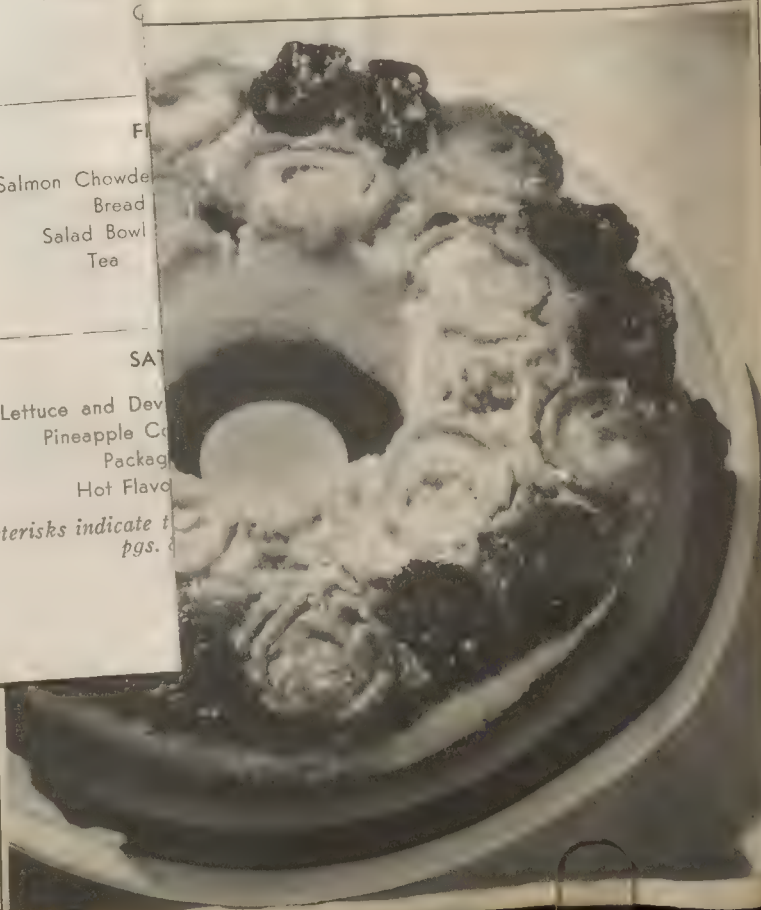
discard the stones. Melt 4 table-
spoons butter in the pan and add 1/2
cup brown sugar. Stir over a low fire
until the sugar is melted. Then alter-
nate the halves of apricots and prunes
in the pan and pour on the batter.

Poured-on
Trimming
IF YOU want an unusually beautiful cake, try a poured-on trimming. Cover the cake with your favorite white icing. Then when this is cool pour the trimming over the top. Unsweetened chocolate melted with butter is excellent for this: Melt 2 squares unsweetened chocolate with 2 teaspoons butter. Let this run down on the sides of the cake as well as cover the top.

Cakes trimmed in this pour-it-on fashion have a careless natural charm that appeals to everyone more than those decorated with fixed designs. They are so much easier to manage than frostings put on with a pastry tube if you are in a hurry. A devil's food cake with a chocolate crown poured over a white frosting flavored with mint—well, it is one of those plus culinary creations. Brown sugar icings containing nuts also are a treat with chocolate poured over the cake.

Another delicious pour-on trimming is peanut butter sirup: Boil 1/2 cup sugar and 1/2 cup water together for 5 minutes. Stir this into 1/2 cup peanut butter, beating constantly so the mixture will be smooth.

A bright jelly, broken up with a fork, melted over hot water and beaten until smooth is attractive, especially if sprinkled with shredded coconut.



THE ONION FAMILY

(Continued from page 81)

Onions au Gratin

Parboil five or six onions of the same size, drain and place them in an open casserole with just enough salad oil to cover the bottom. Cut up one or two chillies, and sprinkle the dish liberally with the pieces. Cook gently, and when the onions are tender, take out the casserole, sprinkle generously with grated Gruyère or Parmesan cheese and a few small pieces of butter, and brown under the grill. This dish may be varied by making a white sauce with grated cheese added to pouring this over the onions, and then browning in the oven or under the grill.

Stuffed Onions

Parboil the required number of Spanish onions, strain and scoop the flesh from the centre. Chop finely and mix with any cooked poultry or meat available—ham, beef, chicken, etc. Bind with one of two tablespoonfuls of breadcrumbs and a raw egg, add pepper, salt and chopped fresh herbs. Stuff the onions with this mixture and place them in a buttered pie-dish. Bake in the oven, and serve with Paprika sauce, a well-made white sauce to which Hungarian red pepper has been added.

Vegetarian Stuffed Onions

Proceed as in the recipe above, but prepare the stuffing by adding to the chopped, parboiled onion some wholemeal breadcrumbs, parsley, cooked and chopped mushrooms and a tomato or two (peeled after plunging for two minutes in boiling water). Bind all together with a raw egg. Stuff the onions and place them in an open casserole—well buttered—and bake in a moderate oven for 35-45 minutes. If they tend to brown too quickly, cover with greaseproof paper. Serve with a croûton, fried in bacon fat, stuck in each onion.

Grated Ham and Onion Patties

Make some open patties with short-crust pastry and fill each with a little mustard made from 1 egg and 2 tablespoonfuls of milk. Into this drop a tablespoonful of cooked chopped onions and dry grated ham. Bake in moderate oven till the custard is set. Sprinkle with chopped herbs.

Leek Toasties Parmesan

Boil and drain some leeks, one to each person. Cut a long narrow slice of bread

for each leek, toast it, and put a leek on each. Arrange in a pie-dish or fireproof dish and pour over some white cheese sauce. Sprinkle with Parmesan cheese and brown under the grill. If preferred, tomato sauce may be used instead of cheese sauce.

Leek Meunière

Parboil some leeks in salted water. Remove and drain. Take a pan or casserole and put in about an ounce of butter. Finish cooking the leeks in this until the butter is golden brown.

Serve in the dish in which they were cooked, add a squeeze of lemon and a sprinkling of finely chopped parsley.

Chive Omelette

Break three eggs into a basin and beat them with salt and pepper till frothy. Add 1 oz. of melted butter, stir this into mixture, then add a heaped tablespoon of chopped chives. Melt a nut of butter in an omelette pan. When hot pour in mixture and allow to cook, moving pan backwards and forwards, and allowing the centre or uncooked mixture to trickle behind the omelette. This makes the layer effect in French omelettes. Fold over in half, and slip on to a hot dish.

Chive and Potato Salad

Take some waxy potatoes and cook until tender in well-seasoned water. Cut across in even slices and sprinkle generously with chives. Dust with cayenne and mix with a tablespoonful of best olive oil, a tablespoonful of white wine vinegar, salt to taste, and a little mustard.

A discreet sprinkling of chillies is often appreciated.

Eggs Stuffed with Chives

Boil some eggs hard. Cut them in half lengthways. Take out the centres and pound them with a little creamed butter or mayonnaise. Add chopped chives and seasoning, colour green with spinach colouring, fill the egg case with the mixture, using a forcing bag and pipe. To give a finish, put a fresh radish neatly trimmed on each half egg.

Chive, Celery and Apple Stuffing in Prunes

Chop finely equal quantities of celery, apple, chives and almonds. Whip a little fresh or sour cream, and bind the

chopped stuffing with it. Fill the centres of some cold cooked prunes from which the stones have been removed, and serve cold on a lettuce leaf with cold ham or tongue. Add sugar and salt to taste.

Chive and Cream Cheese Sandwiches

Stir some cream cheese with a wooden spoon and sprinkle with chopped chives and cayenne. Spread between wafer biscuits or on thin brown bread and butter, which can be then rolled.

Chive Soufflé (Hot or Cold)

2 oz. butter	1 pint milk
2 tablespoonfuls potato flour	3 tablespoonfuls chopped chives
4 eggs	Pinch of salt

Blend the flour with a little cold milk. Boil the remainder of the milk, and when boiling pour it over the blended flour. Return to the saucepan, add the butter and stir till it thickens. Remove from the fire. Beat the yolks of eggs into the mixture. Whisk whites very firm and quickly fold in. Add three tablespoonfuls chopped chives and a pinch of salt. Pour batter into a greased soufflé dish and bake for half an hour in a quick oven.

Serve immediately, either plain or with Paprika sauce.

Shallot and Rolled Bacon on Braised Lettuce

Cook some shallots in a little boiling stock. When tender roll each one in a thin slice of bacon (back) and fry. Serve on a bed of braised lettuce or braised vegetable marrow with croûtes of toast or fried bread. This is an excellent dish for lettuces which show signs of "seeding."

Vol-au-vent of Shallots, Sweetbreads and Mushrooms

1 lb. puff pastry	4 mushrooms
3 or 4 tablespoonfuls white sauce	8 shallots
1 lb. cooked blanched sweetbreads	1 rasher cooked, chopped bacon
	Herbs
	Aromatic pepper, salt

Roll out the pastry until it is about an inch thick, and cut in an oval or round shape. Mark the top by pressing with a smaller cutter. Put on a baking tin—brush the top lightly with beaten egg and bake in a quick oven.

Cook separately the sweetbreads, shallots and mushrooms and bacon (which should not be too fat). When ready, chop and mix with the sauce. Scoop out the inside "soft pastry" from the case, fill with the mixture and put on the lid.

Serve at once.

Soupe à l'Oignon

Take a pound of onions cut in thin slices. Cook slowly in butter till quite soft and turning brown, then add 2 pints stock or water and one of milk. Add thyme, bayleaf and parsley tied in a muslin bag, and seasoning.

Boil up and then simmer till onions are well cooked. Remove the herbs. Stir in thickening of 2 teaspoonfuls of flour blended with cold milk. Continue to boil for ten minutes.

The addition of a raw egg makes a very nourishing soup. Allow five minutes more cooking after adding the egg. As an alternative the soup may be served with grated cheese and well baked crusts of bread.

Tschi Soup

4 Spanish onions	4 oz. butter
1 white heart of cabbage	3 pints good stock
2 large tablespoonfuls flour	Lemon juice and seasoning
Grated nutmeg	Chopped tarragon
	Meat balls

Toss the sliced onions and chopped cabbage in the butter in a deep enamel pan. Slowly dredge in the flour and allow to cook for another ten minutes. Stir well with wooden spoons. Then gradually add warm stock, nutmeg and seasoning. Simmer gently for an hour, skimming frequently.

Just before sending to table add a little lemon juice and a dessertspoonful of finely chopped tarragon.

Place in the soup tureen two dozen little sausage-meat balls cooked in stock. These should be made with sausage meat, breadcrumbs, mixed herbs, nutmeg and a teaspoonful of chopped parsley, bound together with a raw egg. Pour soup over them and serve very hot.

Spring Onions à la Crème

Cook some cleaned spring onions in a little butter, and when tender pour some fresh cream over them and serve at once. Some people like a sprinkling of castor sugar with this dish, or it may be varied by gently stewing slices of peeled and cored apple with the onions.

Onion Savoie

Parboil a moderately large savoy cabbage and drain it well. Take a nut of butter and melt in a casserole, with a finely chopped Spanish onion. Then add the shredded cabbage and let this braise for half an hour. Serve with croutons of toast or fried bread.

Any winter greens may be cooked in this manner.

(Continued on page 114)

During the remainder of the business, keep an Expense account. Make an entry, debiting this account with the inventory.

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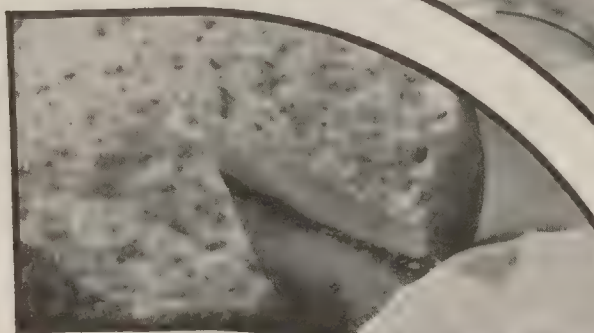
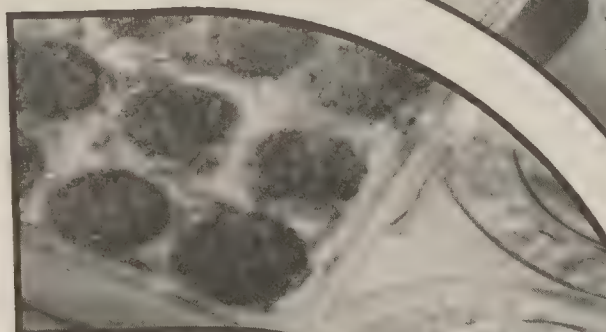
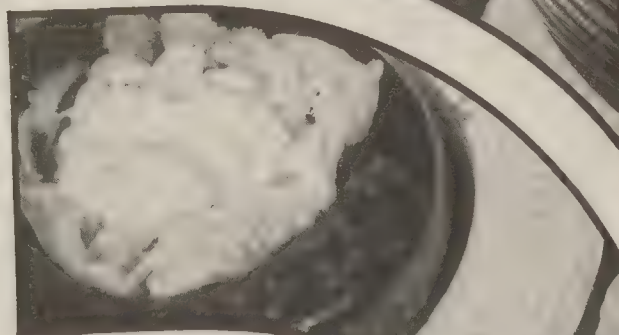
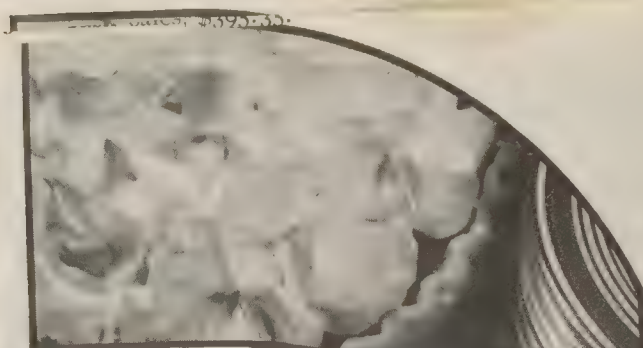
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H. I. Williams

a happy ending. It may be a piece of ice cream, a delicious cake tried for with velvety sauce, or one of those re- "top off," it should fit in with the mood main course at dinner has been rather cooky or two with some raw fruit, or a that is needed to tempt the family to are serving one of those delicious vege- expect a more substantial dessert—pie, the meals for the day have not used a tapioca pudding, or a delicate custard lacks crispness may be redeemed with ing. So, try starting with dessert in be appealing, satisfying, and adequate.

A New Way to Plan Your February Meals

WEDNESDAY

Chocolate Cream Pie

(A GOOD HOUSEKEEPING TESTED RECIPE)

Baked 9" pastry shell	2 3/4 c. bottled milk or 1 1/2 c. evaporated milk and 1 1/2 c. water
2 tsp. (2 1/2 oz.) unsweetened cooking chocolate	2 eggs, separated
1 1/4 c. granulated sugar	1/4 tsp. salt
1/2 c. cake or pastry flour	1 tbsp. butter or margarine
	1 tsp. vanilla extract

Melt chocolate in double-boiler; stir in 1 c. sugar and flour, mixed. Add milk gradually; stir and cook until thick. Cook 10 min. Pour gradually over beaten egg yolks while stirring; cook 2 min. Add salt, butter, vanilla; chill. Pour into pie shell. Top with meringue made from egg whites and 1/4 c. sugar. Bake in a slow oven of 300° F. for 30 min. Makes one 9" pie.

THURSDAY

Molded Cranberry Salad

(A GOOD HOUSEKEEPING TESTED RECIPE)

1 pkg. lemon-flavored gelatin dessert	1/2 c. canned crushed pineapple
1 c. warm or boiling water	Lettuce
1 c. canned cranberry sauce	1/2 c. cooked salad dressing
1 c. chopped walnut meats	1/2 c. heavy cream, whipped

Dissolve the gelatin dessert in the warm or boiling water depending upon the manufacturer's directions. Add the cranberry sauce, and beat until smooth; cool. Add the nutmeats and the pineapple, turn into an 8" ring mold or 6 individual molds, and chill until firm. Unmold on crisp lettuce and serve with the cooked dressing combined with the whipped cream. Serves 6.

FRIDAY

Macaroon Rice Pudding

(A GOOD HOUSEKEEPING TESTED RECIPE)

4 c. bottled milk or 2 c. evaporated milk and 2 c. water	1/2 tsp. salt
1 1/2 c. granulated sugar	2 tbsp. butter or margarine
4 tbsp. uncooked white rice	9 packaged macaroons
	1 egg, beaten

Combine all of the ingredients but the macaroons and egg, and turn into a greased 1 1/2-qt. casserole. Bake in a slow oven of 325° F. for 2 hrs., stirring occasionally. Remove from the oven; arrange the macaroons rounded side up over the top of the pudding, and pour the egg over the top. Return to the oven and bake 1/2 hr. longer. Serve hot or cold. Serves 6. To serve 2 or 3, make one-half this recipe, using 1 egg.

SATURDAY

Cheese Cake

(A GOOD HOUSEKEEPING TESTED RECIPE)

1 6-oz. pkg. zwiebach rolled into crumbs (2 1/4 c.)	1/8 tsp. salt
2 c. granulated sugar	1 tbsp. lemon juice
1/4 c. melted butter or margarine	1 tbsp. lemon rind
1 tsp. cinnamon	1 c. heavy cream
4 eggs, well-beaten	1 1/2 lbs. pot cheese
	3/4 c. sifted cake or pastry flour

Mix crumbs, 1 c. sugar, butter, and cinnamon; use to line bottom and sides of buttered 9" spring mold. Combine eggs, 1 c. sugar, salt, lemon juice, and rind. Add cream, cheese, and flour, and mix. Press through coarse sieve into mold. Sprinkle lightly with cinnamon; bake in slow oven, 325° F., 1 1/2 hrs. Serves 8-10.

THE ONION FAMILY

(Continued from page 81)

for each leek, toast it, and put a leek on each. Arrange in a pie-dish or fireproof dish and pour over some white cheese sauce. Sprinkle with Parmesan cheese and brown under the grill. If preferred, tomato sauce may be used instead of cheese sauce.

Leek Meunière

Parboil some leeks in salted water. Remove and drain. Take a pan or casserole and put in about an ounce of butter. Finish cooking the leeks in this until the butter is golden brown.

Serve in the dish in which they were cooked, add a squeeze of lemon and a sprinkling of finely chopped parsley.

Chive Omelette

Break three eggs into a basin and beat them with salt and pepper till frothy. Add 1 oz. of melted butter, stir this into mixture, then add a heaped tablespoon of chopped chives. Melt a nut of butter in an omelette pan. When hot pour in mixture and allow to cook, moving pan backwards and forwards, and allowing the centre or uncooked mixture to trickle behind the omelette. This makes the layer effect in French omelettes. Fold over in half, and slip on to a hot dish.

Chive and Potato Salad

Take some waxy potatoes and cook until tender in well-seasoned water. Cut across in even slices and sprinkle generously with chives. Dust with cayenne and mix with a tablespoonful of best olive oil, a tablespoonful of white wine vinegar, salt to taste, and a little mustard.

A discreet sprinkling of chillies is often appreciated.

Eggs Stuffed with Chives

Boil some eggs hard. Cut them in half lengthways. Take out the centres and pound them with a little creamed butter or mayonnaise. Add chopped chives and seasoning, colour green with spinach colouring, fill the egg case with the mixture, using a forcing bag and pipe. To give a finish, put a fresh radish neatly trimmed on each half egg.

Chive, Celery and Apple Stuffing in Prunes

Chop finely equal quantities of celery, apple, chives and almonds. Whip a little fresh or sour cream, and bind the

chopped stuffing with it. Fill the centres of some cold cooked prunes from which the stones have been removed, and serve cold on a lettuce leaf with cold ham or tongue. Add sugar and salt to taste.

Chive and Cream Cheese Sandwiches

Stir some cream cheese with a wooden spoon and sprinkle with chopped chives and cayenne. Spread between wafer biscuits or on thin brown bread and butter, which can be then rolled.

Chive Soufflé (Hot or Cold)

2 oz. butter	1 pint milk
2 tablespoonfuls potato flour	3 tablespoonfuls chopped chives
4 eggs	Pinch of salt

Blend the flour with a little cold milk. Boil the remainder of the milk, and when boiling pour it over the blended flour. Return to the saucepan, add the butter and stir till it thickens. Remove from the fire. Beat the yolks of eggs into the mixture. Whisk whites very firm and quickly fold in. Add three tablespoonfuls chopped chives and a pinch of salt. Pour batter into a greased soufflé dish and bake for half an hour in a quick oven.

Serve immediately, either plain or with Paprika sauce.

Shallot and Rolled Bacon on Braised Lettuce

Cook some shallots in a little boiling stock. When tender roll each one in a thin slice of bacon (back) and fry. Serve on a bed of braised lettuce or braised vegetable marrow with croûtes of toast or fried bread. This is an excellent dish for lettuces which show signs of "seeding."

Vol-au-vent of Shallots, Sweetbreads and Mushrooms

1 lb. puff pastry	4 mushrooms
3 or 4 tablespoonfuls white sauce	8 shallots
1 lb. cooked blanched sweetbreads	1 rasher cooked, chopped bacon
	Herbs
	Aromatic pepper, salt

Roll out the pastry until it is about an inch thick, and cut in an oval or round shape. Mark the top by pressing with a smaller cutter. Put on a baking tin—brush the top lightly with beaten egg and bake in a quick oven.

Cook separately the sweetbreads, shallots and mushrooms and bacon (which should not be too fat). When ready, chop and mix with the sauce. Scoop out the inside "soft pastry" from the case, fill with the mixture and put on the lid.

Serve at once.

Soupe à l'Oignon

Take a pound of onions cut in thin slices. Cook slowly in butter till quite soft and turning brown, then add 2 pints stock or water and one of milk. Add thyme, bayleaf and parsley tied in a muslin bag, and seasoning.

Boil up and then simmer till onions

are well cooked. Remove the herbs. Stir in thickening of 2 teaspoonfuls of flour blended with cold milk. Continue to boil for ten minutes.

The addition of a raw egg makes a very nourishing soup. Allow five minutes more cooking after adding the egg. As an alternative the soup may

be served with grated cheese and well baked crusts of bread.

Spring Onions à la Crème

Cook some cleaned spring onions in a little butter, and when tender pour some fresh cream over them and serve at once. Some people like a sprinkling of castor sugar with this dish, or it may be varied by gently stewing slices of peeled and cored apple with the onions.

Onion Savoie

Parboil a moderately large savoy cabbage and drain it well. Take a nut of butter and melt in a casserole, with a finely chopped Spanish onion. Then add the shredded cabbage and let this braise for half an hour. Serve with croutons of toast or fried bread.

Any winter greens may be cooked in this manner.

(Continued on page 114)

During the remainder of the business, keep an Expense account. Make an entry, debiting this account with the inventory.

Feb. 1. Paid cash for one month's rent, \$50.

per cent. for cash, 160 lbs. white lead @ \$7 per

CW

Sold to A. B. Coon, on his note at 30 days, without interest, 5 dozen "Daisy" scythes @ \$8.50; 5 dozen dog-collars, \$7.337, @ \$5.40; 1 dozen coffee-mills, \$0.06, @ \$10.50.

5th. Bought of J. D. Marshall on your demand note, without interest, merchandise as per Invoice No. 5, \$50.

7th. Sold to G. W. Fuller, on account 30 days less 5 per cent. for cash, 1/2 dozen 15-inch monkey-wrenches @ \$18 per dozen; 25 lbs. putty @ 4 cents.

9th. Sold A. B. Coon, on account, 20 dozen wire clothes-lines @ \$1.75; 150 lbs. barbed wire @ 3 cents; 1 dozen 6 1/2-inch scissors, \$5.894, @ \$8; 1/6 dozen 9-inch B. & W. trimmers @ \$4.50.

10th. Bought of B. B. Kerrigan, on account 30 days less 5 per cent. for cash, hardware as per Invoice No. 6, \$75.

Crocker Bros. remitted cash in settlement 1
Gave J. S. Gannon, on account, a draft at
ance due from that firm.

12th. Bought of Osborn & Alexander, 0
brooms @ \$2.40; 6 dozen ostrich dusters, \$3.63.

13th. Paid Hall Safe & Lock Co., cash 0
A. B. Coon prepaid his note of the 3d inst
bank of Cincinnati, for \$500. Gave him the diffi

Paid B. B. Kerrigan, cash on account, \$30.
15th. Paid cash for cleaning store, \$5.

16th. Took from stock for use in store, 0
Sold typewriter to J. S. Gannon, on accour

19th. Gave Osborn and Alexander, on acc
They took the note at its face, and paid

20th. Took from stock for use in busines
ander. Enter them at cost.

21st. Gave J. H. Flanigan, for labor, an
account.

Bought of B. B. Kerrigan, on account, merc
24th. Cash sales, \$340.

26th. Paid cash, \$133, for merchandise, as
Paid B. B. Kerrigan, cash on account, \$35.

Paid the Hall Safe & Lock Co., on accoun
28th. Paid cash, \$5, for window shades fo

Cash sales, \$390.50.

Gave the Hall Safe & Lock Co., on accou
Pay J. S. Gannon, cash on account, \$15.

G. W. Fuller remitted cash, on account, \$1.
Gave B. B. Kerrigan, on account, a sight di

March 1. Have your Cash Book and Day
Post your books, allowing space for the ac

Coon, 5 lines; B. B. Kerrigan, 7 lines; Merchandi
Rule up all accounts that are in balance.

Make out a Statement of the business with
dise, \$8,746.25; Expense, \$925; unpaid bills recei

Close and rule up the Expense account, af
amounts down.

Change your books from single to double

Methods for Mixing and Decorating

[CONTINUED FROM PAGE 72]

appearance. It is advisable to begin and end the additions with flour. Then carefully and lightly fold in the egg whites containing the sugar.

If You Use Oil

Beat the egg yolks until light and then add the milk, flavoring and 3/4 of the sugar called for in the recipe. Here again the milk dissolves the sugar. The dry ingredients are sifted together and added to the milk mixture alternately with the oil. Then the beaten egg whites, into which 1/4 of the sugar has been folded, are added with gentle folding motions.

Baked with the Cake

Most of us seek ideas which produce good-looking results but which require the expenditure of little effort and time. Perhaps the upside-down cake which is trimmed before the batter is poured into the pan is the answer. Of course the cake can be baked in a skillet in the traditional manner. But there is no reason why it cannot be baked in a cake pan, either of the loaf or tube variety. My own belief is that the dessert is more decorative when so treated.

One of the prettiest and most delicious trimmings consists of 13 dried apricot halves and 6 whole prunes, cooked together without being sweetened. Cut the prunes in halves and

discard the stones. Melt 4 tablespoons butter in the pan and add 1/2 cup brown sugar. Stir over a low fire until the sugar is melted. Then alternate the halves of apricots and prunes in the pan and pour on the batter.

Poured-on Trimmings

the cake with your favorite white icing. Then when this is cool pour the trimming over the top. Unsweetened chocolate melted with butter is excellent for this: Melt 2 squares unsweetened chocolate with 2 teaspoons butter. Let this run down on the sides of the cake as well as cover the top.

Cakes trimmed in this pour-it-on fashion have a careless natural charm that appeals to everyone more than those decorated with fixed designs. They are so much easier to manage than frostings put on with a pastry tube if you are in a hurry. A devil's food cake with a chocolate crown poured over a white frosting flavored with mint—well, it is one of those plus culinary creations. Brown sugar icings containing nuts also are a treat with chocolate poured over the cake.

Another delicious pour-on trimming is peanut butter sirup: Boil 1/2 cup sugar and 1/2 cup water together for 5 minutes. Stir this into 1/4 cup peanut butter, beating constantly so the mixture will be smooth.

A bright jelly, broken up with a fork, melted over hot water and beaten until smooth is attractive; especially if sprinkled with shredded coconut.



Milk
Lamb Croquettes (from leftover roast)
Candied Sweet Potatoes
Creamed Peas with Minced Bacon
Chili Sauce
* Molded Cranberry Salad

Canned Grapefruit
Vegetable Platter of Baked Potatoes
Sauce, Buttered Carrots
Savory Onion Sauce
* Macaroni

CRACKERS
and Butter
of Mixed Fruits
Milk

URDAY
Ham Sandwiches
Instant Pudding
Cookies
Milk Drink
but recipes are given on
and 85.

WEDNESDAY
ese Sandwiches
elery
applea Pudding
Cocoa

THE ONION FAMILY

(Continued from page 81)

Onions au Gratin

Parboil five or six onions of the same size and place them in an open casserole with just enough salad oil to cover the bottom. Cut up one or two chillies, and sprinkle the onions with the pieces. Cook gently, when the onions are tender, take out the casserole, sprinkle generously with grated Gruyère or Parmesan cheese and a few small pieces of butter, and broil under the grill. This dish may be varied by making a sauce with grated cheese added to the tomato sauce, and then pouring this over the onions, and then broiling in the oven or under the grill.

Stuffed Onions

Parboil the required number of Spanish onions, strain and scoop the flesh from the centres. Chop finely and mix with any of poultry or meat available—ham, chicken, etc. Bind with one of two spoonfuls of breadcrumbs and a raw egg, add pepper, salt and chopped fresh herbs. Stuff the onions with this mixture and place them in a buttered pie-dish. Bake in the oven, and serve with Paprika sauce, a well-made white sauce to which Hungarian red pepper has been added.

Vegetarian Stuffed Onions

Proceed as in the recipe above, but prepare the stuffing by adding to the chopped, parboiled onion some wholemeal breadcrumbs, parsley, cooked and chopped mushrooms and a tomato or two (peeled and plunged for two minutes in boiling water). Bind all together with a raw egg. Stuff the onions and place them in an open casserole—well buttered—and bake in moderate oven for 35–45 minutes. If they tend to brown too quickly, cover with greaseproof paper. Serve with a croûton, and in bacon fat, stuck in each onion.

Grated Ham and Onion Patties

Make some open patties with short-crust pastry and fill each with a little mustard made from 1 egg and 2 tablespoonfuls of milk. Into this drop a tablespoonful of cooked chopped onions and dried ham. Bake in moderate oven till the custard is set. Sprinkle with chopped herbs.

Leek Toasties Parmesan

Boil and drain some leeks, one to each person. Cut a long narrow slice of bread

for each leek, toast it, and put a leek on each. Arrange in a pie-dish or fireproof dish and pour over some white cheese sauce. Sprinkle with Parmesan cheese and brown under the grill. If preferred, tomato sauce may be used instead of cheese sauce.

Leek Meunière

Parboil some leeks in salted water. Remove and drain. Take a pan or casserole and put in about an ounce of butter. Finish cooking the leeks in this until the butter is golden brown.

Serve in the dish in which they were cooked, add a squeeze of lemon and a sprinkling of finely chopped parsley.

Chive Omelette

Break three eggs into a basin and beat them with salt and pepper till frothy. Add 1 oz. of melted butter, stir this into mixture, then add a heaped tablespoon of chopped chives. Melt a nut of butter in an omelette pan. When hot pour in mixture and allow to cook, moving pan backwards and forwards, and allowing the centre or uncooked mixture to trickle behind the omelette. This makes the layer effect in French omelettes. Fold over in half, and slip on to a hot dish.

Chive and Potato Salad

Take some waxy potatoes and cook until tender in well-seasoned water. Cut across in even slices and sprinkle generously with chives. Dust with cayenne and mix with a tablespoonful of best olive oil, a tablespoonful of white wine vinegar, salt to taste, and a little mustard.

A discreet sprinkling of chillies is often appreciated.

Eggs Stuffed with Chives

Boil some eggs hard. Cut them in half lengthways. Take out the centres and pound them with a little creamed butter or mayonnaise. Add chopped chives and seasoning, colour green with spinach colouring, fill the egg case with the mixture, using a forcing bag and pipe. To give a finish, put a fresh radish neatly trimmed on each half egg.

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Chop finely equal quantities of celery, apple, chives and almonds. Whip a little fresh or sour cream, and bind the

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2 tablespoonfuls flour	3 tablespoonfuls chopped chives
4 eggs	Pinch of salt

Blend the flour with a little cold milk. Boil the remainder of the milk, and when boiling pour it over the blended flour. Return to the saucepan, add the butter and stir till it thickens. Remove from the fire. Beat the yolks of eggs into the mixture. Whisk whites very firm and quickly fold in. Add three tablespoonfuls chopped chives and a pinch of salt. Pour batter into a greased soufflé dish and bake for half an hour in a quick oven.

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Shallot and Rolled Bacon on Braised Lettuce

Cook some shallots in a little boiling stock. When tender roll each one in a thin slice of bacon (back) and fry. Serve on a bed of braised lettuce or braised vegetable marrow with croûtes of toast or fried bread. This is an excellent dish for lettuces which show signs of "seeding."

Vol-au-vent of Shallots, Sweetbreads and Mushrooms

1 lb. puff pastry	4 mushrooms
3 or 4 tablespoonfuls white sauce	8 shallots
1 lb. cooked sweetbreads	1 rasher cooked, chopped
	bacon
	Herbs
	Aromatic pepper, salt

Roll out the pastry until it is about an inch thick, and cut in an oval or round shape. Mark the top by pressing with a smaller cutter. Put on a baking tin—brush the top lightly with beaten egg and bake in a quick oven.

Cook separately the sweetbreads, shallots and mushrooms and bacon (which should not be too fat). When ready, chop and mix with the sauce. Scoop out the inside "soft pastry" from the case, fill with the mixture and put on the lid.

Serve at once.

Soupe à l'Oignon

Take a pound of onions cut in thin slices. Cook slowly in butter till quite soft and turning brown, then add 2 pints stock or water and one of milk. Add thyme, bayleaf and parsley tied in a muslin bag, and seasoning.

Boil up and then simmer till onions

are well cooked. Remove the herbs. Stir in thickening of 2 teaspoonfuls of flour blended with cold milk. Continue to boil for ten minutes.

The addition of a raw egg makes a very nourishing soup. Allow five minutes more cooking after adding the egg. As an alternative the soup may

be served with grated cheese and well baked crusts of bread.

Tschi Soup

4 Spanish onions	4 oz. butter
1 white heart of cabbage	3 pints good stock
2 large tablespoonfuls flour	Lemon juice and seasoning
Grated nutmeg	Chopped tarragon
	Meat balls

Toss the sliced onions and chopped cabbage in the butter in a deep enamel pan. Slowly dredge in the flour and allow to cook for another ten minutes. Stir well with wooden spoons. Then gradually add warm stock, nutmeg and seasoning. Simmer gently for an hour, skimming frequently.

Just before sending to table add a little lemon juice and a dessertspoonful of finely chopped tarragon.

Place in the soup tureen two dozen little sausage-meat balls cooked in stock. These should be made with sausage meat, breadcrumbs, mixed herbs, nutmeg and a teaspoonful of chopped parsley, bound together with a raw egg. Pour soup over them and serve very hot.

Spring Onions à la Crème

Cook some cleaned spring onions in a little butter, and when tender pour some fresh cream over them and serve at once. Some people like a sprinkling of castor sugar with this dish, or it may be varied by gently stewing slices of peeled and cored apple with the onions.

Onion Savoir

Parboil a moderately large savoy cabbage and drain it well. Take a nut of butter and melt in a casserole, with a finely chopped Spanish onion. Then add the shredded cabbage and let this braise for half an hour. Serve with croutons of toast or fried bread.

Any winter greens may be cooked in this manner.

(Continued on page 114)

Ragout of Beef

- | | |
|-----------------------------------|------------------------|
| 1 Pound Chuck Steak, Cut in Cubes | 4 Cups Canned Tomatoes |
| 1 Large Onion, Sliced | 1 Clove Garlic |
| 10 Whole Cloves | 1 Teaspoon Salt |
| Dash Paprika | 1 Bay Leaf |

HAVE the butcher cut the meat in cubes about 2 inches square. Sear the cubes in a deep kettle or a heavy frying pan, add the tomatoes, onion, garlic, cloves, salt, bay leaf, and paprika. Cover and cook over the simmer burner or at a very low temperature for about 2 hours or until the meat is tender. Remove the cloves of garlic and bay leaf and serve at once over hot boiled rice. If you prefer a thick sauce remove the meat when tender and reduce the liquid to about one-half. Serve a green salad with this main dish and a light dessert. For two people use half of the recipe.

Boiled Rice

- | | |
|-------------------|------------------------|
| 1 Cupful Rice | 2 Quarts Boiling Water |
| 1 Tablespoon Salt | |

WASH the rice in cold water, rinse in hot water, and sprinkle slowly into the boiling salted water. The water should not be cooled enough to stop boiling. Boil for $\frac{1}{2}$ hour or until the grains are tender. Drain and wash with cold and then hot water. Place the drainer over the hot water until ready to serve the rice, or put it in the oven to keep dry and hot. Serve in a round chop dish, with the rice heaped in the center of the dish and the meat and gravy around the rice, or with rice around the meat, and the sauce served in a separate dish.

Creole Hamburg

- | | |
|------------------------------------|-----------------------------|
| 1 Medium Onion, Sliced | 1 Pound Chopped Round Steak |
| 2 Tablespoons Chopped Green Pepper | 1 Cup Condensed Tomato Soup |
| 2 Tablespoons Shortening | 1 Cup Hot Water |
| 2 Cups Left-over Rice | $\frac{1}{2}$ Teaspoon Salt |

USE this recipe for left-over rice. Melt the shortening in a frying pan, add the sliced onion and green pepper, and cook slowly until soft. Add the chopped steak and stir until the meat is thoroughly separated and slightly browned. Add the canned tomato soup, water, salt, and rice, cover the pan, and cook for about 20 minutes. Stir occasionally.

Creamed Lamb on Toast

- | | |
|--|-------------------------------------|
| 1 $\frac{3}{4}$ Cups Diced Cooked Lamb | 1 Teaspoon Salt |
| 2 Cups Scalded Milk | 4 Tablespoons Shortening |
| 4 Tablespoons Flour | $\frac{1}{4}$ Cup Grated Cheese |
| $\frac{1}{4}$ Teaspoon Paprika | $\frac{1}{8}$ Teaspoon Curry Powder |

Toast

VERY often the preparation of white sauce for creamed dishes sounds complicated to brides who have never cooked until they were married. It is really easy. Melt the shortening in the top of a double boiler over boiling water. Heat the milk in another saucepan, but do not allow it to boil. Measure the flour, paprika, salt, and curry powder and stir into the melted shortening. When the mixture is thoroughly blended add the hot milk slowly, stirring constantly. Cook over hot water, stirring constantly to prevent lumps from forming until mixture thickens, for about 5 minutes. Add the diced lamb, and grated cheese, heat, and serve on toast. If there are only two use half of this recipe.

Raisin Crisps

- | | |
|------------------------------|--------------------------|
| 1 Cup Seedless Raisins | 3 Cups Bran |
| $\frac{1}{2}$ Cup Shortening | 1 Cup Flour |
| 1 Cup Granulated Sugar | 4 Tablespoons Cornstarch |
| 2 Eggs, Beaten | 1 Teaspoon Soda |
| 1 Teaspoon Vanilla | 1 Teaspoon Cinnamon |

WASH the raisins, drain, and dry on a towel. Cream the shortening, add the sugar, and cream thoroughly. Add the well-beaten eggs, vanilla, bran, and raisins, and mix well. Add the flour sifted with the cornstarch, soda, and cinnamon, and mix thoroughly. Drop by small spoonfuls onto an ungreased cookie sheet, leaving space for cookies to spread. Do not flatten. Bake for 10 to 12 minutes in a hot oven (400 degrees F.). Makes about 2 dozen medium-sized cookies.

Creamed Finnan Haddie

- | | |
|----------------------------|---|
| 1 Cup Flaked Finnan Haddie | 1 Teaspoon Green Pepper, Finely Chopped |
| 1 Cup Cream Sauce | Paprika or Grated Cheese |
| 1 Hard-Cooked Egg | |

Toast Points

SOAK the finnan haddie in milk to cover for 1 hour, then simmer until tender. Separate into flakes. Parboil a little green pepper, and chop. Add the fish, pepper, and pieces of the hard cooked egg to the cream sauce and heat. Serve on the toast points. Sprinkle with paprika or with grated cheese. Always serve potatoes and a hot bread with finnan haddie.

Date, Walnut, and Ginger Sandwiches

- | | |
|--------------------------------------|---------------------------------------|
| 1 Cup Seeded Dates | $\frac{1}{4}$ Cup Crystallized Ginger |
| $\frac{1}{2}$ Cup California Walnuts | 1 Teaspoon Soft Butter |
| | 1 Teaspoon Honey |

PUT the dates, nuts, and ginger through a food chopper, using the medium knife. Add the butter, and honey, and mix thoroughly. Spread on thin slices of white or whole-wheat bread and cut in attractive shape. Serve these when friends drop in for tea.

Tuna-Fish Salad

- | | |
|--|---------------------|
| 2 $\frac{1}{2}$ Cups Tuna Fish, Flaked | 1 Teaspoon Salt |
| 1 $\frac{1}{2}$ Cups Celery, Cut in Pieces | 1 Teaspoon Paprika |
| 2 Tablespoons Sliced, Stuffed Olives | French Dressing |
| 3 Tablespoons Capers | Mayonnaise Dressing |

COMBINE the tuna fish, celery, capers, olives, salt, and paprika. Marinate in the French dressing and let stand in the refrigerator to chill. Just before serving moisten with the mayonnaise dressing. Arrange on crisp lettuce and garnish with hard-cooked egg. Begin your meal with mushroom soup, then serve this salad, accompanied by hot rolls or hot muffins.

Orange Sherbet

- | | |
|-----------------------------------|----------------------------------|
| 1 $\frac{1}{2}$ Cups Orange Juice | 2 Egg Whites |
| 1 Tablespoon Lemon Juice | $\frac{1}{4}$ Cup Water |
| $\frac{3}{4}$ Cup Sugar | Grated Rind 1 Orange |
| | $\frac{1}{4}$ Cup Cream, Whipped |

PLACE the sugar and water in a saucepan and cook for 10 minutes. Add the grated orange rind and cook for 5 minutes longer. Remove from the heat and strain, cool, add the fruit juices, and pour into the tray of an automatic refrigerator. Allow to freeze until firm, and then remove from the tray and beat until light. Add the beaten egg whites and the whipped cream. Freeze again until firm.

Grilled Cheese Sandwiches

- | | |
|-------------------------------------|-----------------------------------|
| 1 Hard-Cooked Egg | $\frac{1}{4}$ Teaspoon Salt |
| 1 $\frac{1}{2}$ Tablespoons Pimento | 1 Tablespoon Butter |
| 1 Small Onion | 1 Tablespoon Flour |
| $\frac{1}{2}$ Pound American Cheese | 1 Tablespoon Worcestershire Sauce |
| $\frac{1}{2}$ Cup Evaporated Milk | |

PUT the egg, pimento, onion, and cheese through a food chopper, using the medium knife. Melt the butter in a saucepan and add the flour with the seasonings. Add the milk and stir until the mixture comes to a boil. Combine this mixture with the cheese mixture and spread between slices of bread. Butter the outside of the bread and toast under a low flame until golden brown. Have this sandwich for Saturday luncheon.

Baked Lima Beans with Tomatoes

- | | |
|-----------------------------------|---------------------------------|
| 1 Green Pepper, Finely Cut | 1 Teaspoon Worcestershire Sauce |
| 1 Medium Onion, Finely Cut | $\frac{1}{2}$ Teaspoon Salt |
| 4 Strips Bacon, Finely Cut | Dash Pepper |
| 2 Cups Drained Tomatoes | Dash Cayenne |
| 2 Cups Cooked Lima Beans, Drained | $\frac{1}{4}$ Cup Mayonnaise |

Buttered Bread Crumbs

COOK the pepper, onion, and bacon together slowly for 5 minutes. Drain off the excess fat. Add the tomatoes and simmer for a few minutes. Add the Lima beans and cook for a few minutes longer. Add the seasonings and mayonnaise. Blend gently but thoroughly. Place in a greased casserole, with the buttered bread crumbs on top. Bake in moderate oven (350 degrees F.) for 12 minutes. Serves 4. Dried, canned, or fresh beans may be used.

Casserole of Carrots and Beans

- | | |
|------------------------------------|---|
| 3 Cups Cooked or Canned Beans | 1 Teaspoon Salt |
| 3 Cups Cooked Carrots, Sliced | $\frac{1}{2}$ Teaspoon Pepper |
| 2 Tablespoons Grated Onion | 1 Cup Grated Cheese |
| 2 $\frac{1}{2}$ Tablespoons Butter | $\frac{1}{2}$ Cup Buttered Bread Crumbs |
| 2 $\frac{1}{2}$ Cups Milk | 2 Eggs |
| 3 Tablespoons Flour | Dash Paprika |

MELT the butter in a saucepan and add the grated onion. Add the flour, stir until smooth, and add the milk, salt, and pepper. Cook until thickened, and add the cheese and then the eggs, slightly beaten. Arrange the carrots and beans in alternate layers in a greased baking dish and pour over the cheese sauce. Top with the buttered bread crumbs mixed with the paprika. Bake in a moderate oven (350 degrees F.) for about 20 minutes. Serves 6.

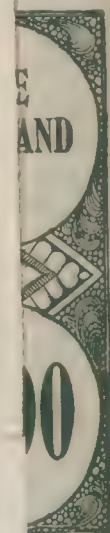
Peppers Stuffed with Corn

- | | |
|--|---------------------------------|
| 6 Medium Green Peppers | $\frac{1}{2}$ Cup Water |
| 2 $\frac{1}{2}$ Cups Canned or Cooked Corn | 1 Teaspoon Salt |
| 3 Eggs | $\frac{1}{2}$ Teaspoon Pepper |
| 1 Can Tomato Soup | $\frac{1}{2}$ Cup Grated Cheese |
| | $\frac{1}{2}$ Cup Bread Crumbs |

CUT off the stem ends of the peppers and remove the seeds and membrane. Beat the eggs slightly and add the corn, bread crumbs, salt, and pepper. Stuff the peppers with the corn mixture and place upright in a baking dish. Top with grated cheese. Pour the tomato soup, thinned with the water, around the peppers. Bake in a moderate oven (350 degrees F.) for 25 to 30 minutes.

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SUMPTUOUS ORANGE SHORTCAKE

by all means, make it by the digestible Crisco recipe!

2 teaspoons grated orange rind 6 large juicy oranges
 ½ cup sugar

Make Digestible Crisco Shortcake by Master Recipe (see below) adding grated orange rind to dry mixture. Peel oranges. Cut out sections. Drain. Save orange juice. Sprinkle sugar over oranges and let stand. When shortcake is baked split and serve with oranges and the following—

Orange Foam Sauce: You should have approximately $1\frac{1}{4}$ cups orange juice. To this add $\frac{1}{4}$ cup water. Heat over hot water. Mix $\frac{1}{2}$ cup sugar and 1 tablespoon cornstarch. Add slowly to heated juice, stirring and cooking until sauce begins to thicken. Stir in 2 egg yolks slightly beaten. Cook until creamy. Remove from heat. Cool over cold water. Then beat 2 egg whites stiff. Beat $\frac{1}{2}$ cup thick cream and 2 tablespoons powdered sugar stiff. Fold both whites and cream into cooled sauce.



Ragout of Beef

1 Pound Chuck Steak, Cut in Cubes 4 Cup
1 Large Onion, Sliced 1 Clo
10 Whole Cloves 1 Tea
Dash Paprika 1 Bay

HAVE the butcher cut the meat inches square. Sear the cubes on a heavy frying pan, add the tomatoes, salt, bay leaf, and paprika, over the simmer burner or at a very low for about 2 hours or until the meat is tender. If you prefer a thick meat when tender and reduce the liquid half. Serve a green salad with this light dessert. For two people use half.

Boiled Rice

1 Cupful Rice 2 Qu
1 Tablespoon Salt

WASH the rice in cold water, rinse and sprinkle slowly into the boiling water. The water should not be cooled enough. Boil for 1/2 hour or until the grains are tender and wash with cold water then hot water until rice is done. Put it in the oven to keep it in a round chop dish, with the rice half of the dish and the meat and gravy or with rice around the meat, and in a separate dish.

Creole Hamburg

1 Medium Onion, Sliced 1 Pound
2 Tablespoons Chopped 1 Cup C
Green Pepper 1 Cup H
2 Tablespoons Shortening 1/2 Teaspoon
2 Cup Left over Rice

USE this recipe for left-over rice. In a frying pan, add the sliced pepper, and cook slowly until soft. Add the meat and stir until the meat is thick and slightly browned. Add the water, salt, and rice, cover the pan, and cook 20 minutes. Stir occasionally.

Creamed Lamb on Toast

1 1/2 Cups Diced Cooked Lamb 1 T
2 Cups Scalded Milk 4 T
4 Tablespoons Flour 1/4 C
1/4 Teaspoon Paprika 1/2 T

VERY often the preparation of creamed dishes sounds complicated, but it is really easy. Melt the shortening in a boiler over boiling water. Heat the saucepan, but do not allow it to get too hot. Add the flour, paprika, salt, and curry powder. Melted shortening. When the mixture is blended add the hot milk slowly. Cook over hot water, stirring constantly. Add the diced lamb, heat, and serve on toast. If there is half of this recipe.

Raisin Crisps

1 Cup Seedless Raisins 3 Cup
1/2 Cup Shortening 1 Cup
1 Cup Granulated Sugar 1 T
2 Eggs, Beaten 1 Teaspoon
1 Teaspoon Vanilla 1 Teaspoon Cinnamon

WASH the raisins, drain, and dry on a towel. Cream the shortening, add the sugar, and cream thoroughly. Add the well-beaten eggs, vanilla, bran, and raisins, and mix well. Add the flour sifted with the cornstarch, soda, and cinnamon, and mix thoroughly. Drop by small spoonfuls onto an ungreased cookie sheet, leaving space for cookies to spread. Do not flatten. Bake for 10 to 12 minutes in a hot oven (400 degrees F.). Makes about 2 dozen medium-sized cookies.

Creamed Finnan Haddie

1 Cup Flaked Finnan Haddie 1 Tablespoon Green Pepper
1 Cup Cream Sauce Finely Chopped
1 Hard-Cooked Egg Paprika or Grated Cheese

SIX. SOAK the finnan haddie in milk to cover for 1 hour, then simmer until tender. Separate into flakes. Parboil a little green pepper, and chop. Add the fish, pepper, and pieces of the hard-cooked egg to the cream sauce and heat. Serve on the toast points. Sprinkle with paprika or with grated cheese. Always serve potatoes and a hot bread with finnan haddie.

Date Walnut and Ginger Sandwiches PLANKED STEAK WITH MUSHROOMS

Sirloin steak 1 1/2 inches thick
Mustard
Oil
Salt and pepper

Worcestershire sauce
1 pound fresh mushrooms
2 tablespoons butter
1/2 cup thin cream

METHOD: Rub steak lightly with mustard, marinate in oil, seasoned with salt, pepper and Worcestershire sauce for about one hour. Sear meat on both sides and broil to individual preference. Cook mushrooms in butter, season with salt and pepper and add cream. Place steak on platter, cover with mushrooms and garnish with parsley. Serve with French Fried Onions.

FRENCH FRIED ONIONS

Cut large Spanish onions in quarter-inch slices, so that each slice is made up of a large number of whole rings. Separate these rings, dip in thin batter and fry in hot, deep fat until golden brown. (390 deg. F.)

Batter:
1 egg 1/2 cup flour
1/2 cup milk 1/2 teaspoon salt
1 teaspoon baking powder

METHOD: Beat egg, add remaining ingredients and beat well.

CHOCOLATE MOUSSE

1 1/2 cups milk 1/2 cup cocoa
1/2 teaspoon salt 1/2 cup sugar
1 tablespoon gelatin 1 pint heavy cream, whipped
1/2 cup cold water 1 teaspoon vanilla

METHOD: Let milk come to boil, add salt, and cocoa, then gelatin dissolved in cold water and sugar. Set aside to cool. Place in refrigerator until it starts to congeal. Then add whipped cream and vanilla. This takes 4 to 5 hours to freeze.

SOUP DEMONSTRATION

(Recipe Given in Class)

SPINDLED OYSTERS ON TOAST

2 dozen large oysters 6 slices thin toast
6 slices bacon 6 steel skewers
salt and pepper

METHOD: Drain, wash and dry oysters on soft towel. Cut bacon in 1-inch squares. Thread oysters and bacon alternately on buttered skewers. Do not crowd. Place skewers across baking pan and broil under flame, or cook in a quick oven 5 minutes. Sprinkle with salt and pepper. Do not take oysters from spindle, but lay spindle across slice of buttered toast.

CARAMELIZING CONDENSED MILK

Place 1 can sweetened, condensed milk (unopened) in kettle of boiling water and boil for 4 hours, being careful to keep can well covered with water. Chill thoroughly before removing from can, and cut with knife dipped in hot water.

TEA DEMONSTRATION

PEACH BASKET SALAD

Drain canned peaches from their syrup and arrange on lettuce, one for each serving. Fill cavities with a mixture of chopped apple, celery and nut meats, moistened with salad dressing. Cut thin strips of celery from the ends of the stalks and insert in the peaches in the form of handles. Garnish with a spoonful of salad dressing and a bit of bright colored jelly.

STUFFED BAKED ONIONS

6 large onions few grains pepper
1 tablespoon shortening 1 cup milk
1 tablespoon flour 1 cup diced cooked carrots
1/2 teaspoon salt 1 cup peas, cooked
1/2 cup tomato soup

METHOD: Cook onions in boiling, salted water for 5 minutes; drain, and scoop out centers. Melt shortening in sauce pan, add flour, salt and pepper, and when well blended, stir the milk in slowly and cook until thick; add carrots and peas. Fill onions with the creamed vegetables, place in greased baking dish, and pour the tomato soup over them. Bake in moderate oven (350 deg. F.) for 30 minutes, or until onions are tender.

NOTE: Left-over vegetables may be used up in this manner.

Peppers Stuffed with Corn

6 Medium Green Peppers 1/2 Cup Water
2 1/2 Cups Canned or Cooked Corn 1 Teaspoon Salt
3 Eggs 1/2 Teaspoon Pepper
1 Can Tomato Soup 1/2 Cup Grated Cheese
1/2 Cup Bread Crumbs

CUT off the stem ends of the peppers and remove the seeds and membrane. Beat the eggs slightly and add the corn, bread crumbs, salt, and pepper. Stuff the peppers with the corn mixture and place upright in a baking dish. Top with grated cheese. Pour the tomato soup, thinned with the water, around the peppers. Bake in a moderate oven (350 degrees F.) for 25 to 30 minutes.

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COFFEE DEMONSTRATION

CREAM PINEAPPLE PUDDING

- | | |
|---------------------|--------------------------|
| ½ cup sugar | 2 cups milk |
| 2 eggs | 2 tablespoons cornstarch |
| 1 tablespoon butter | ¼ teaspoon salt |
| 1 teaspoon vanilla | 4 tablespoons sugar |
| | ¾ cup pineapple |

METHOD: Dissolve cornstarch in ¼ cup milk, then stir into the scalded milk, sugar and salt. Cook 3 minutes, and add beaten egg yolks. Remove from heat, add butter and flavoring. Beat whites of eggs until stiff, add 4 tablespoons sugar, and fold into hot pudding. Pour over pineapple cubes. Garnish with whipped cream and cherry.

MARMALADE SPONGE CAKE

- | | |
|--------------------------|----------------------------|
| 6 egg yolks | 6 egg whites |
| 1 cup sugar | ½ teaspoon cream of tartar |
| rind of ½ lemon | 1 cup flour |
| ½ teaspoon lemon extract | ½ cup orange marmalade |
| ¼ teaspoon salt | ½ cup shredded coconut |

METHOD: Beat egg yolks until thick and lemon-colored. Gradually beat in sugar, which has been sifted, the lemon rind and extract. Add salt to egg whites and beat until they are frothy. Fold part of the whites into the yolk mixture, then the sifted flour and balance of the egg whites. Turn ¾ of the batter into an ungreased tube pan. Cover with a layer of coconut and on top of that spread the marmalade. Put in remainder of batter. Bake in a cool oven (325 deg. F.) for 55 minutes. When done, invert to cool. Serve with whipped cream.

EGG NOG PIE

- | | |
|----------------------|--------------------------|
| 1½ cups milk | ¼ teaspoon salt |
| 1 tablespoon gelatin | 1 teaspoon nutmeg |
| ½ cup cold water | ½ cup whipping cream |
| 2 eggs, separated | ¼ teaspoon rum flavoring |
| ½ cup sugar | Baked pie shell |

METHOD: Scald milk, soak gelatin in cold water and dissolve in hot milk. Beat egg yolks with sugar and salt, and stir hot mixture in. Return to double boiler and stir until it thickens. Remove from heat, add nutmeg and allow to chill. Then beat, add flavoring to taste. Fold in beaten egg whites and cream, whipped. Turn into baked pie shell. A meringue may be placed on top, if desired.

CREAM CHEESE SANDWICH

- 1 package cream cheese
- ½ teaspoon baking powder
- Sliced bread

METHOD: Combine cream cheese and baking powder and spread thickly on slices of bread. Remove crust, place under broiler until a golden. If made in small, fancy shapes, may be served with salad.

MINCEMEAT CAKE

- | | |
|---------------------------|------------------------|
| 1 cup shortening | ¼ teaspoon soda |
| 2½ cups sugar | 1 cup milk |
| 4 eggs, beaten separately | ½ teaspoon cinnamon |
| 1½ cups mincemeat | ¼ teaspoon cloves |
| 4 cups flour | ¼ teaspoon allspice |
| 4 teaspoons baking powder | ½ teaspoon nutmeg |
| ½ teaspoon salt | 1 cup walnuts, chopped |

METHOD: Cream shortening and sugar, add egg yolks and beat well. Sift flour with all other dry ingredients over the mincemeat, and add alternately with the milk to the creamed mixture. Add nuts and fold in beaten egg whites. Bake in loaf or layers in 350 deg. F. oven; if made in layers, bake 45 minutes.

WASHING DEMONSTRATION

TWO-MINUTE WAY OF WASHING SILK STOCKINGS

Dissolve Lux Flakes in lukewarm water and fluff into generous suds. Squeeze the suds through and through the stockings which have previously been turned wrong side out. Rinse in 3 lukewarm waters or until the rinse water is clear; then gently squeeze out water and roll stockings in Turkish towel. Remove from towel and ease into shape. Hang by garter hem in the shade and away from any extreme heat.

SUMPTUOUS ORANGE SHORTCAKE

by all means, make it by the digestible Crisco recipe!

- | | |
|--------------------------------|-----------------------|
| 2 teaspoons grated orange rind | 6 large juicy oranges |
| | ½ cup sugar |

Make Digestible Crisco Shortcake by Master Recipe (see below) adding grated orange rind to dry mixture. Peel oranges. Cut out sections. Drain. Save orange juice. Sprinkle sugar over oranges and let stand. When shortcake is baked split and serve with oranges and the following.

Orange Foam Sauce: You should have approximately 1½ cups orange juice. To this add ¼ cup water. Heat over hot water. Mix ½ cup sugar and 1 tablespoon cornstarch. Add slowly to heated juice, stirring and cooking until sauce begins to thicken. Stir in 2 egg yolks slightly beaten. Cook until creamy. Remove from heat. Cool over cold water. Then beat 2 egg whites stiff. Beat ½ cup thick cream and 2 tablespoons powdered sugar stiff. Fold both whites and cream into cooled sauce.



CHRISTMAS FARE

by M. Frances Hucks

NOVEMBER AGAIN! Time to get the Christmas baking done—to unearth the family recipes for fruit cake and plum pudding or, lacking such traditions, to look about for new recipes that live up to old reputations. Next, the grocery order and a trip down town or a telephone call to buy the ingredients. Prepare the materials at your leisure, a few at a time, and arrange to mix the cake some time when the whole family is at home, so that everybody has a hand in it—they like it and it lightens the work immensely.

Bake some in small, one-pound tins or molds and use them for Christmas gifts. Bake others in covered oven glass dishes, leave them in the dishes and give the whole thing away. That is a gift—useful, practical, good-looking and personal. Incidentally, the cake bakes beautifully in such a container, and you don't have to struggle with paper lining to keep the outer part from drying out and the edges from burning. The thick glass on all sides, top and bottom, does that and ensures even baking. Let it cool with the lid on, then put it away, dish and all, until you begin wrapping your Christmas gifts.

Puddings steamed in individual dishes make very acceptable gifts for the friend who lives alone or the business girl with her own apartment; they are so easily heated for her dinner and the small custard cup comes in very handy afterward.

A good place to store the Christmas cake is in a covered crock, first wrapping it carefully in waxed paper. The smaller delicacies—shortbread cookies, fruit caramels—need not only a suitable container, but a secluded place to store it or you may find the stock sadly depleted when the holiday comes round.

Fruit Cake

- 1/2 Pound of shaved candied citron
- 1/4 Pound of shaved orange peel
- 1/4 Pound of shaved lemon peel
- 2 Cupfuls of stoned dates, cut in quarters
- 1 1/2 Cupfuls of seeded raisins, cut in halves
- 1/2 Pound of candied cherries, cut in halves
- 1/2 Pound of candied pineapple, cut in small wedges
- 1 Cupful of shredded cocoanut
- 1/2 Pound of blanched almonds, coarsely cut
- OR 1/4 Pound of blanched almonds and 1/4 pound of pecans
- 2 Cupfuls of sifted flour
- 1 Teaspoonful of baking powder
- 1 Teaspoonful of ground allspice
- 1/2 Teaspoonful of ground cloves
- 1/2 Teaspoonful of ground nutmeg
- 1/2 Pound of butter
- 1 Cupful of granulated sugar
- 5 Eggs
- 1/2 Cupful of orange or grape juice

Meatless Mince Meat

- 4 Cupfuls of chopped apples
- 2 Cupfuls of raisins
- 1 Cupful of currants
- 1/2 Cupful of shaved citron
- 1/4 Cupful of lemon and orange peel, shaved
- 1 Cupful of chopped suet
- 1 to 1 1/2 Cupfuls of brown sugar
- 1 1/2 Tablespoonfuls of ground mixed spice
- 1/2 Cupful of fruit juice (lemon, orange, grape or other variety)

Mix all the prepared ingredients thoroughly and store in a covered jar to ripen. This will make enough for four pies.

Combine the shaved peel, the prepared fruits, the cocoanut and the nuts in a large bowl, add about quarter cupful of the flour and mix lightly with the finger tips until the pieces are separated. Sift the remainder of the flour again with the baking powder and spices. Cream the butter until light, add the sugar gradually and continue creaming until the mixture is very light and fluffy. Add the eggs, one at a time, beating thoroughly after the addition of each egg and keeping the mixture very smooth. If the mixture begins to curdle while the eggs are being added, add a little of the flour. When the eggs are thoroughly combined, add the sifted dry ingredients alternately with the fruit juice, mix well and pour over the prepared fruit and nuts in the bowl. Mix thoroughly and bake in two or three paper lined loaf tins in a slow oven (275 degrees Fahrenheit) for two and a half to three hours.

White Fruit Cake

- 2 Cupfuls of butter
- 2 Cupfuls of fruit sugar
- 9 Medium-sized eggs
- 5 1/4 Cupfuls of pastry flour
- 1 Teaspoonful of almond flavoring
- 1/2 Pound of candied cherries
- 1/2 Pound of candied pineapple
- 1/2 Pound of white sultana raisins
- 1/4 Pound of shaved citron or mixed peel

Cream the butter until light, add the sugar gradually and continue creaming until the mixture is very light and fluffy. Add the eggs one at a time, beating well after the addition of each egg and keeping the mixture very smooth. Add the flour and mix very slightly, then add the fruit and flavoring and combine the ingredients thoroughly. Turn into cake tins lined with greased paper, sprinkle sugar lightly over the top and bake in a fairly slow oven (300 to 325 degrees Fahrenheit) for about two hours.

Moderately Priced Christmas Pudding

- 1/4 Cupful of figs, cut in small pieces
- 1/2 Cupful of seeded raisins, cut in halves
- 1/2 Cupful of currants
- 1/4 Cupful of shaved candied citron
- 1 Tablespoonful of shaved candied orange peel
- 1/4 Cupful of candied cherries, cut in quarters (may be omitted)
- 1/4 Cupful of blanched almonds, coarsely cut

[Continued on next page]

Green Tomato Mince Meat

- Half peck green tomatoes (chopped). Drain, measure liquid and replace with equal quantity of cold water. Scald. Do this three times. Leave on water last time. Add:
- 1/2 peck apples (chopped fine), 2 lbs. seeded raisins (chopped), 5 lbs. brown sugar, 1 cup vinegar, 1 cup butter, 1 tablespoon salt, 1 tablespoon each, cinnamon, cloves, allspice, nutmeg, juice and rind of 1 orange.

Cook until well done and bottle in quart sealers.

- 2 Cupfuls of sifted flour
- 2 Teaspoonfuls of baking powder
- 1/2 Teaspoonful of baking soda
- 1/2 Teaspoonful of salt
- 1/2 Teaspoonful of ground cinnamon
- 1/2 Teaspoonful of ground nutmeg
- 1/4 Teaspoonful of ground allspice
- 1/2 Cupful of chopped apple
- 1/2 Cupful of chopped suet
- 1/2 Cupful of molasses
- 2 Eggs
- 1/2 Cupful of milk

Combine the prepared fruits and nuts, add about half cupful of the flour and mix lightly with the finger tips until the pieces are separated. Sift the remainder of the flour with the baking powder, baking soda, salt and spices. Combine the chopped apple, suet, molasses, well-beaten eggs and milk and add the sifted dry ingredients. Add the floured fruit and nuts, mix well and fill greased molds about two-thirds full of the mixture. Cover tightly and steam for three hours—longer if the pudding is steamed in one large mold. This pudding will serve twelve persons.

Uncooked Fruit Pudding

- 1/2 Pound of graham crackers
- 1/4 Teaspoonful of salt
- 1/4 Teaspoonful of nutmeg
- 1/4 Teaspoonful of allspice
- 1/4 Teaspoonful of cloves
- 1 Teaspoonful of cinnamon
- 1/2 Cupful of chopped raisins
- 1/2 Cupful of currants, softened in hot water and drained
- 1 Cupful of stoned chopped dates
- 2 Tablespoonfuls of chopped candied cherries
- 2 Tablespoonfuls of chopped candied orange peel
- 1/2 Cupful of shaved candied citron
- 1 Cupful of chopped nutmeats
- 1 Cupful of marshmallows, cut in pieces
- 1 Cupful of cream

Roll the graham crackers to a fine powder, add the salt and spices and mix thoroughly. Combine the prepared fruit and nuts and mix with the graham cracker mixture. Lastly add the cut marshmallows which have been soaked in the cream. Mix thoroughly until the cracker crumbs are all moistened and pack into a tin or mold which has been lined with waxed paper. Chill thoroughly and serve cut in thin slices with whipped cream or hard sauce. This loaf will keep for several weeks in a cold place.

Fruit Cake

- 1 lb. seeded raisins, 1 lb. currants, 1/2 lb. sliced candied citron, 1/4 lb. each of sliced lemon and orange peel, 1/2 lb. dates, 1/2 cup candied cherries and pineapple, 2 cups bread flour, 1 1/2 teaspoons cinnamon, 1/2 teaspoon mace, 1 teaspoon nutmeg, 1 teaspoon allspice, 3/4 teaspoon salt, 1 cup butter, 1 cup sugar, 6 eggs, juice of 1 lemon, 1/4 cup grape juice, 1/4 cup orange juice, 1/2 lb. almonds, shredded.

Put the raisins through the food chopper using the coarse knife. Cut the dates. Place in a bowl and add the peel and the fruit. Mix the flour, salt and spices and sift these dry ingredients over the fruit, blending with the tips of the fingers. Cream the butter in a large mixing bowl, add the sugar gradually then the eggs which have been beaten. Stir in the fruit and flour mixture alternately with the fruit juices. Mix thoroughly. Place in straight-sided pans which have been well buttered or lined with heavy waxed paper which has also been buttered. Bake in a very slow oven for two, three or four hours, depending upon the size of the pan. Test with a toothpick to be sure, however, when it is done.

25 Bu. Russet Apples.

Cost..... Price.....

1 Bbl. N. O. Molasses. 51 gals.

Cost..... Price.....

5 Bu. Nav Beans.

Cost..... Price.....

LIGHT FRUIT CAKE

Prepare the fruits:

Cut very finely..... 1/2 lb. candied citron
1/2 lb. washed and dried
candied cherries
1/2 lb. sultana raisins
1/2 lb. blanched almonds
2 1/2 cups pastry flour

Sift then measure.....
Place the fruits and nuts
in a sifter and sift the flour
through, thus coating the
fruits.

To the flour which has
been sifted through, add..... 1 tspn. baking powder
1/2 tspn. salt

Sift together the flour,
baking powder and salt.
Cream until very light
and fluffy..... 1/2 lb. butter
Beat in very gradually..... 1 cup fruit sugar
Beat until very thick and
light..... 4 eggs

Add to the butter and
sugar mixture with..... Grated rind and juice of
1/2 lemon
Or 1 tspn. vanilla extract

Beat the flour mixture little by little
into the butter-sugar-egg mixture. Fold
in the floured fruit and nuts then turn
into a large tube pan which has been
lined with three layers of greased heavy
paper. Bake in a moderately slow oven
(325 degrees F.) until lightly browned.
(Time, 1 hour 50 minutes to 2 hours).

Makes a ring mould 8 1/2 inches across
with a hole 3 inches in diameter. For a
large ring mould and a large square or
oblong, double the amount.

ECONOMICAL CHRISTMAS CAKE

Prepare the fruits:

Chop..... 1 cup dates
Wash, spread on a pan
and dry in a slow oven..... 1 cup seeded raisins
1 cup seedless raisins

Wash also and dry in the
same way, separate from
the other fruit..... 1 cup currants
1 cup chopped or finely
shaved mixed peels

Sprinkle..... 1 1/2 tspns. baking soda
over the mixed dates,
seeded and seedless raisins.

Pour over the fruits and
baking soda..... 3/4 cup hot pineapple
juice or cider
and..... 3/4 cup boiling water

Cool the mixture then
add..... 2 cups brown sugar
4 eggs (well beaten)
1/2 cup melted butter or
shortening
1 tspn. vanilla

Add also, with the cur-
rants and peel..... 1 cup chopped nutmeats
Sift then measure..... 3 1/2 cups pastry flour
Re-sift with..... 1 tspn. salt
1 1/2 tspns. cinnamon
1 tspn. grated nutmeg
1/2 tspn. each clove and
mace

Add the dry ingredients to the first
mixture, beating until the flour is
thoroughly combined. Turn into two loaf
pans which have been lined with three
layers of heavy greased paper. Bake in
a slow oven (300°F.) for an hour and
40 minutes. (If the top seems damp
toward the end of cooking, turn the top
unit of the oven on to low or medium.)

This recipe will make two loaves, 9 3/4
inches by 4 1/2 inches at the top and
8 1/4 by 3 1/4 inches at the bottom.

SOUR CREAM FRUIT CAKE

Prepare the fruit:

Wash, spread out on a flat
pan and dry in a slow
oven..... 1 cup currants
1 cup raisins

Chop and add..... 1/2 lb. figs
Slice very thinly..... 1/2 lb. candied citron
1/2 lb. blanched almonds

Beat very thick..... 5 egg yolks
Gradually beat in..... 1 cup granulated sugar
and add..... 1/2 cup thick sour cream
1/2 cup molasses

Sift and measure..... 2 cups pastry flour

Place the fruits and nuts
in a sifter, add the flour
and sift it through. To
the flour, add..... 1/2 tspn. baking soda
1 tspn. cinnamon
1/2 tspn. clove
1/2 tspn. allspice

Sift the dry ingredients
1/4 at a time over the egg
yolk, sugar, cream and
molasses mixture; fold
in very thoroughly. Add
the prepared floured fruit
and combine very thor-
oughly.

RICH DARK FRUIT CAKE

Prepare the fruits; Wash,
spread out in a flat pan
and dry in a very slow
oven..... 1 1/2 lbs. seeded raisins

1 lb. seedless raisins
1 lb. sultana raisins
1 lb. currants
Cut in small pieces..... 1/2 lb. candied pineapple
1/2 lb. washed and dried
candied cherries

3/4 lb. dates
1/2 lb. figs
Shave thinly..... 1/2 lb. candied citron
1/2 lb. (combined) lemon
and orange peels

Cut in half..... 1/2 lb. almonds (blanched)
1/2 lb. shelled filberts

Mix all the fruits and
nuts, place in a large pan.

Sift and then measure..... 3 1/2 cups pastry flour

Mix and add..... 1/2 tspn. salt

2 tspns. cinnamon

2 tspns. grated nutmeg

1/2 tspn. ginger

1/2 tspn. cloves

Sift the dry ingredients
together.

To combine the cake:

Cream until very soft..... 1 lb. butter

Blend in gradually..... 2 cups finely granulated
sugar

Cream until very light
and fluffy.

Add one at a time, un-
beaten..... 12 eggs

Beat after each addition
until the mixture is very
light.

Add..... 1/2 cup grape juice or
red currant jelly

Combine fruit mixture
with wet mixture, very
thoroughly.

Turn into pans which have been lined
with three layers of greased heavy paper.
Fill the pans only 3/4 full. Bake in a slow
oven (275 degrees F.) from 3 1/2 to 4 hours,
depending on the size and shape of the
pans.

This cake when weighed was found to
make 12 pounds of fruit cake or enough
to fill a large ring pan (8 1/2 inches across
with a 3 inch hole, and 2 1/4 inches deep)
as well as a loaf 9 1/2 inches by 5 1/4 inches
by 2 inches and a small loaf about 7
inches by 3 1/2 inches.

(If you do not like the flavour of fig
in your fruit cake omit the 1/2 pound
figs and replace by 1/4 pound each of
dates and sultana raisins).

CASSEROLE CHRISTMAS CAKE

Wash, spread out in a
shallow pan, and dry in a
slow oven..... 1 lb. seedless raisins

1/2 lb. sultana raisins
3/8 lb. chopped candied
cherries

Combine with..... 3/8 lb. mixed, sliced peels
1/4 lb. chopped dates
1/4 lb. chopped figs
1/4 lb. chopped blanched
almonds

Sift, then measure..... 3/4 cup (1/2 lb.) flour

Use quarter of the flour to
coat fruits and nuts.

To remaining flour, add..... 1/4 tspn. salt

1 tspn. nutmeg

1 tspn. cinnamon

1/2 tspn. allspice

1/2 tspn. clove

3/8 tspn. baking soda

1/2 tspn. baking powder

Sift all dry ingredients
together.

Cream until very soft..... 1/2 lb. butter or butter
and shortening

Blend in slowly..... 1/2 lb. brown sugar

and cream until light and
fluffy.

Beat well and add..... 3 eggs

Combine well, then add
also..... 1/4 cup sour milk

1/4 cup currant jelly

1/2 tspn. vanilla

Mix very thoroughly.

Sift dry ingredients gradually into
shortening-sugar-egg-mixture, combining
well after each addition. Add floured
fruits and nuts, and mix well. Turn into
a well-greased oven-proof glass baking
dish, filling about 3/4 full. Cover with
greased lid of casserole.

Bake in a slow oven (280 degrees to
290 degrees F.) for about two hours.

When baked, invert on cake cooler.

Let stand until cold; then wrap in
waxed paper or store in a clean cloth.

PRODUCE AND PROVISION BUSINESS.

Sell cards 1 and 6 to A. F. Piper, on account
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15 to J. P. Ayers,
advance with form on
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*A scrumptious dessert for
10 — for next to nothing!*

LIME MALLOW SPONGE

1 package Lime-Jell-O 10 marshmallows,
1 pint boiling water finely cut

Dissolve Jell-O in boiling water. Add marshmallows and stir until dissolved. Chill until cold and syrupy. Place in bowl of cracked ice or ice water and whip with rotary egg beater until fluffy and thick like whipped cream. Turn into molds. Chill until firm. Unmold. Serve with marshmallow sauce if desired. Serves 10.



*A delicious vitamin-rich
salad—for a few pennies a
serving!*

PERFECTION SALAD

1 package Lemon ½ cup cabbage, finely
or Lime Jell-O shredded
1 pint boiling water 1 cup celery, finely
2 tablespoons vinegar cut
½ teaspoon salt 1 pimiento, finely cut
1 tablespoon green pepper, finely chopped

Dissolve Jell-O in boiling water. Add vinegar and salt. Chill. When slightly thickened, fold in cabbage, celery, pimiento, and green pepper. Turn into individual molds. Chill until firm. Unmold on crisp lettuce. Garnish with Hellmann's Mayonnaise. Serves 6.



*A jewel of a dessert! Beauti-
ful to behold — deliciously
different—economical!*

CURRENT RUBY TUMBLE

½ cup dried currants 1 cup boiling water
1 cup red cherry juice 1 package Strawberry
(from canned, sour Jell-O
cherries) ½ teaspoon salt
2 tablespoons sugar

Add currants to cherry juice and cook slowly 10 minutes. Add boiling water to make 2 cups liquid. Dissolve Jell-O in hot liquid. Add salt and sugar. Chill until firm. Break with a spoon and pile lightly in sherbet glasses. Serves 6.



*Cheese glorified — a "com-
pany" treat at next to no
cost!*

JELL-O CHEESE LOAF

1 package Lemon 1 cup grated Ameri-
Jell-O can cheese, or
1½ cups boiling water 1 cup cottage
1 tablespoon vinegar cheese, or
1 teaspoon salt 6 ounces
Dash of Cayenne snappy cheese
½ cup Hellmann's Mayonnaise

Dissolve Jell-O in boiling water. Add vinegar, salt and Cayenne. Chill until cold and syrupy. Place in bowl of cracked ice or ice water and whip with rotary egg beater until fluffy and thick like whipped cream. Combine cheese and mayonnaise, and fold into Jell-O. Turn into loaf mold. Chill until firm. Unmold on crisp lettuce. Serve with Hellmann's Mayonnaise. Serves 10.



Trans
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Make

Sell cards

Give E. P. Edwards your check for \$30, in payment of services rendered as expert bookkeeper.

All measurements on this page are level.

Eggplant Pyramids: Peel one large eggplant, cut in one-half inch slices and soak in salted water for one hour. Drain, dry the individual slices and dip each slice in flour seasoned with salt and pepper. Sauté a delicate brown in melted shortening. Stack on a baking plate, with one tablespoon tomato soup and one tablespoon grated cheese between each slice. The top layer should be tomato soup generously sprinkled with cheese. Bake for ten minutes in a hot oven or broil under the flame. This vegetable may be prepared in advance; if cold, allow thirty minutes in a moderate oven.

Broiled Sardines on Macaroni: Boil one package elbow macaroni in salted water till tender. Prevent the macaroni from settling on the bottom of the pot by dropping it so slowly into the boiling water that bubbling is continuous. Do not overcook: the Italians think American cooks tend to make this error. Drain and pour on a platter. On top, place jumbo California sardines, drained and broiled under the flame. Garnish with tomato slices and pepper stems.

Cheese Pepper Croquettes: Make a thick cream sauce of four tablespoons shortening, four tablespoons flour and one cup diluted evaporated milk. Remove from fire and add the lightly beaten yolks of two eggs and one-third cup grated cheese. Stir until cheese is dissolved. Fold in one cup American cheese cut small, one-quarter cup minced green pepper and one teaspoon worcestershire sauce. Pour into a pan and chill. When cool, form in balls or ovals, roll in fine crumbs, dip in an egg beaten with two tablespoons cold water, and again roll in crumbs. Fry in deep fat at 350° F. until brown.

Spinach Ring with Rice: Cook two tablespoons of flour with two tablespoons shortening one minute. Add one-quarter cup undiluted evaporated milk. When thick, remove from the fire, stir in two cups finely minced spinach (it must be thoroughly drained). Fold in one beaten egg yolk, one-half teaspoon salt, and cayenne to taste. When well blended, fold in three egg whites beaten stiff with a pinch of cream of tartar. Pour into a well-greased mold or into one in which the bottom is lined with greased paper. Set in a pan of hot water and cook in a slow oven (325° F.) from one hour

to one and one-half hours, depending on the depth of the mold. Fill the center of the spinach ring with flaky steamed rice garnished with heated canned mushrooms.

Baked Salmon: Cut off the top and crusts of a loaf of bread. Hollow out the center, leaving sides and bottom one-half inch thick. Crumble center bread, blend with one can salmon, liquid included, and add one-quarter cup minced green pepper and one-quarter cup minced onion sautéed lightly in two tablespoons melted shortening. Lastly, add one lightly beaten egg, and salt and pepper to taste. Spread the inside and outside of the bread with shortening, stuff with the salmon and bake in a moderate oven (350° F.) for thirty to forty minutes.

Tomato Macaroni Rarebit: Blend two tablespoons shortening and two tablespoons flour. Add two cups grated cheese, three cups cooked macaroni, one can tomato soup, one can evaporated milk, cayenne, dry mustard and salt to taste. Stir until cheese is melted and rarebit is smoking hot. Garnish with crisp cress.

Ramekin Eggs: Sauté three tablespoons minced onion in one tablespoon shortening until tender. Add one teaspoon flour, and when cheesy blend with three-quarters of a cup of evaporated milk, and salt and cayenne to taste. Break one egg into an individual greased ramekin. Pour two tablespoons of the sauce on each white; bake fifteen minutes in a moderate oven.

Crabmeat with Mushrooms: Sprinkle one large can crabmeat with lemon juice. Blend four tablespoons of shortening with four tablespoons of flour and add two cups undiluted evaporated milk. Season with salt and pepper, add the crabmeat and a four-ounce can of mushrooms. Heat thoroughly, but do not cook. Serve surrounded by fried farina and green pepper slices. To prepare these slices, stir a generous quantity of minced green pepper in the hot farina mush. Mold and prepare according to the standard recipe for fried mush.

Stuffed Roe: Tie a fish roe in cheesecloth and simmer for twenty-five minutes in acidulated water. In the meantime, lightly sauté a half cup of minced mushrooms, canned or fresh, in two tablespoons shortening; add one tablespoon crumbs, a teaspoon chopped parsley, salt and paprika to taste. Drain the roe and insert the mushroom stuffing. Lift on a baking platter, surround with thin cream sauce and sprinkle the entire top with crumbs, dot with butter and brown under a hot flame. Speedy browning is essential, for prolonged cooking at high temperature tends to toughen fish, roe included.

[Continued from page 22]

minute and a half to a side, in sizzling shortening. Do not overcook.

Shoulder of Veal: Dice two slices of pineapple, blend with three cups bread crumbs and four tablespoons shortening. Moisten with one-half cup pineapple juice and use as a stuffing for an eight- to ten-pound shoulder of veal (boned). Sprinkle with salt, pepper and flour. Bake fifteen minutes in a very hot oven (500° F.), decrease to 350° F. and continue baking until tender (25 minutes per pound). Baste often. Glaze additional slices of pineapple in the drippings of the roast for the last twenty minutes of cooking.

Crown Roast of Pork: Blend the chopped meat sent by the butcher in the center of a crown roast, with one cup fine crumbs, a minced onion, a little sage, pepper and salt to taste. Replace in the center. Cover each rib bone with bits of potato to prevent charring. Bake fifteen minutes in a very hot oven (500° F.). Reduce the heat to moderate (375° F.) and cook until tender. Allow thirty minutes to the pound. Garnish with cooked prunes and new potatoes sprinkled with parsley.

Canned Chicken Creole: In the fat from a half-size can of chicken, sauté one diced green pepper, add one-half cup flour and cook till cheesy. Add the chicken jelly, one ten-ounce can tomatoes, one can corn, one-half cup peas (if liked), one cup boiled sliced onions, and paprika and salt to taste. Heat the chicken in the sauce, serve on a platter bordered with flaky rice.

Veal and Lamb Ragout: Sear two pounds of veal, shoulder or rump, and one pound of lamb neck in four tablespoons of melted shortening. Sprinkle with four tablespoons flour and cover with water. Add a bit of bay leaf, a dozen peppercorns, a little parsley and salt to taste. Pour in a casserole, cover, bake in a slow oven for two hours. Remove the lamb bones, included for flavor, and add a dozen small peeled onions, a bunch of carrots cut lengthwise and a dozen peeled new potatoes. Cook thirty minutes longer, sprinkle with minced parsley.

Spaghetti Beef: Blend one pound of ground beef with one cup of softened bread, one-half cup of minced onion, one egg and salt

and pepper to taste. Mold very lightly (do not pack) into balls. Put a can of spaghetti with tomato sauce in a baking dish. Cover with the meat balls, top each one with a slice of Bermuda onion and bake, covered, one hour. Uncover and bake thirty minutes longer.

Pork Pig: Sauté one cup diced onion in one tablespoon shortening. Add one pound diced lean pork, and sear. Sprinkle with three tablespoons flour, add two cups hot water, one teaspoon worcestershire sauce, two tart apples, diced, and salt to taste. Simmer forty minutes. Pour in a baking dish and cover with a biscuit crust made from one and one-half cups of ready-prepared biscuit mixture. Bake twenty minutes in a hot oven (425° F.).

St. Patrick's Frankfurters: Cover one pound dried split green peas, three medium-sized onions (minced), one minced carrot, one dozen peppercorns, one-quarter bay leaf and one teaspoon salt with five cups of water. Simmer very slowly in a heavy pot for two hours. Add more water, if necessary. The consistency is like that of mashed potato. Add one pound frankfurter sausages and cook from ten to fifteen minutes.

Beef Paprika: Sauté one cup of sliced onions in three tablespoons of shortening. Add one and one-half pounds of cubed beef, sear till brown. Sprinkle with one-quarter cup of flour, add three cups of hot water, two teaspoons of vinegar, a tablespoon of paprika, and salt to taste. Simmer for an hour or more. Add two tablespoons undiluted evaporated milk for gloss and richness, and serve in a noodle ring.

Kidneys with Red Wine Sauce: Soak two beef kidneys in water with four slices of lemon for one hour. Sauté one-half cup minced onions and a small carrot in two tablespoons shortening. Add two tablespoons flour, one-half bay leaf, one bouillon cube, one cup red wine, one cup water and three slices garlic, if liked. Simmer thirty minutes and strain. Dry the kidneys, discard all center membrane, cut in one-half inch cubes and roll in flour seasoned with salt and pepper. Cook quickly, less than three minutes, in melted shortening. Add the hot wine sauce, cook one minute and serve. These kidneys will be as delicate as veal kidneys if soaked and cooked as directed. Since cooking over five minutes toughens them, use a high flame in browning, and keep hot over warm water till served.



If the other courses follow the leader in equally festive style, what a meal it will be!

HOSTESS RECIPES

from our readers' kitchens

Shrimp Cocktail

1½ cups shrimps, flaked
¼ cup Chili sauce
Small can caviar
1 cup thin mayonnaise
1 tablespoon chopped ripe olives

Mix the Chili sauce, mayonnaise, and olives. Put the shrimp flakes into cocktail glasses and pour the sauce over. Top with a half teaspoon caviar.

—Mrs. R. P. S. Alabama

Caramel Dumplings

1½ cups sugar
2 cups boiling water
1 tablespoon butter

Melt 1 cup sugar in frying pan, stirring until melted and light brown in color. Add boiling water and stir until sugar is dissolved. Add remaining sugar and butter. Bring to boiling point. Make dumplings with:

1 tablespoon butter
½ cup sugar
3 teaspoons baking powder
½ cup milk
Flour

Cream butter and sugar together. Mix baking powder with 1 cup of flour and add alternately with milk to sugar and butter mixture. Add enough more flour to make a stiff batter. Drop by tablespoons into boiling syrup, cover, and let boil until dumplings are done. Serve with or without cream.

—Miss A. C. Kansas

Salmon Aux Oeufs

Brush two slices of salmon with melted butter. Brown on both sides in

a frying pan and cook slowly for 10 minutes. Cover one slice with slices of hard-cooked egg moistened with a little white sauce. Cover with the other slice and sprinkle top with buttered and seasoned bread crumbs. Put in oven until crumbs brown slightly. Garnish with wedge-shaped lemon slices and serve with parsley sauce.

—Mrs. E. L. P. Minnesota

Macaroon Cake

2⅔ cup butter
1 cup sugar
2 eggs
1¾ cups flour
2 teaspoons baking powder
¼ teaspoon salt
½ cup milk
½ teaspoon vanilla

Cream butter and sugar together. Add beaten eggs and mix well. Mix and sift flour and baking powder and add alternately with the milk to the first mixture. Turn into a small, greased square pan and bake in a moderate oven (350° F.) about 45 minutes. Cool and cover top with white icing, about ½ inch deep. Cover sides with a thin coating of icing and stick small macaroons all over the sides.

—Mrs. E. H. M. Maine

June Salad

1½ cups pineapple
1 tablespoon chopped mint leaves
1½ cups strawberries

Cut pineapple in cubes. Chill. Wash, hull, and chill strawberries. Mix the fruit and arrange on crisp leaves of lettuce or romaine. Sprinkle with chopped mint. Serve with French dressing. If a richer dressing is desired, add

4 tablespoons Roquefort cheese to 1 cup French dressing. Mix thoroughly.

—Mrs. L. R. M. Long Island

Salad Puffs

¼ cup shortening
¼ cup water
¾ cup flour
2 eggs

Add shortening to water and bring to boiling point. Add flour all at once and mix well. Cook 2 minutes, stirring constantly. Cool. Add eggs one at a time, stirring after each addition. Bake 5 minutes. Drop from tip of teaspoon onto a greased baking pan. Bake in moderate oven (350° F.) 20 to 25 minutes. Cool. Make a slit in the puff and fill with cream cheese or anchovy and butter mixture.

—Mrs. G. S. Connecticut

Cauliflower Bearnaise

1 head cauliflower
2 cups peas
3 tablespoons fat
½ cup diluted evaporated milk
3 tablespoons flour
½ teaspoon salt

Wash cauliflower and separate into clumps. Cook in boiling salted water until tender. Drain and place in greased baking dish. Cook peas soft in 1 cup water with any desired seasonings (salt, sugar, onion, pepper, etc.). Rub through a sieve. Add fat, add flour and salt and mix thoroughly blended. Pour over cauliflower and sprinkle with fine, dry bread crumbs. Place in oven (400° F) until nicely browned.

—Mrs. J. R. M. I.

HOSTESS RECIPES

By McCall's Food Staff

HERE'S another installment of our readers' favorite recipes—garnered from north, south, east, and west. Some with an unusual, foreign flavor. Others that will help you make inexpensive food look extravagant. Still others that can be made at the last minute when you want to add a festive touch to a plain meal. All sorts of recipes—and all of them good. They'll be continued next month.

Trifle

Plain cake 2 tablespoons flour
Grape juice ¼ teaspoon salt
1 quart milk 2 cups cream,
4 eggs whipped
5 tablespoons sugar 1½ teaspoons vanilla
4 tablespoons sugar

Place cake in serving dish, using about 12 slices or the equivalent, broken in pieces. Pour grape juice over it until the cake will absorb no more (it will take about 1 pint, depending upon how moist or dry the cake is). Let stand 10 minutes. In the meantime, make custard as follows: Scald milk; beat eggs slightly, and add sugar, flour, and salt mixed together. Pour scalded milk over egg mixture and return to double boiler, continuing to cook until custard thickens slightly. Stir constantly. Cool slightly and pour over the cake in serving dish. When custard has cooled, cover with whipped cream to which vanilla and sugar have been added. Chill thoroughly.

—Mrs. C.P.R. South Carolina

Cheese Cornucopias

Make small cornucopias of writing paper, 3 inches square, pinning at the top. Make a rich, flaky pastry and cut into narrow strips about ½ inch wide. Wind strips of pastry around the paper cornucopias, allowing each strip to overlap slightly. Bake in hot oven

(450° F.) until brown. Remove paper when cool. Make filling as follows: Mash a package of cream cheese until soft, adding 1 or 2 tablespoons cream if necessary. To this add ¼ cup chopped nuts, ¼ cup chopped olives, and season with tabasco or cayenne. Fill cornucopias with this mixture and in the top of each place a whole stuffed olive. Serve with fruit salad.

—Mrs. M.F.P. Illinois

Fried Asparagus

Drain canned asparagus tips and dip in thick white sauce, then roll in grated cheese. Set aside to cool. When the sauce has set, dip in slightly-beaten egg and then in fine bread or cracker crumbs. Fry in deep hot fat (390° F.)

—Mrs. R.R.C. New Jersey

Curry Tiffin

2 pounds lean, boneless lamb
1 onion, sliced
3 tablespoons fat
1 quart water
1 tablespoon curry powder
Few drops tabasco sauce
1 tablespoon flour
1 teaspoon vinegar
1 cup milk
Salt and pepper
½ cup moist unsweetened coconut
1 pound rice
1 can cut okra
Bananas

Cut meat into small pieces and brown, with the onion, in hot fat. Add water and cook very slowly about 2 hours, adding more water occasionally to keep the quantity about 1 quart. When meat is tender, combine curry powder, flour, tabasco, vinegar, and milk, and add to hot stock. Season to taste with salt and pepper. Just before serving, add the coconut. In the meantime, cook rice in boiling water for 20 minutes; pour off all the water, cover closely and set back on stove or over hot water to steam. To serve, place a mound of rice in the center of

each plate, pour over it a generous amount of curried lamb and place a spoonful of hot okra on top. Lay a peeled banana on each plate. (This is to be eaten with the curry to cool the mouth.)

—Mrs. M.L.W. Massachusetts

Molded Red Salad

1 quart cranberries ½ cup cold water
3½ cups boiling 1 cup nut meats,
water broken
2 cups sugar 2 cups diced pine-
2 tablespoons gelatine apple
2 cups Tokay grapes

Wash and pick over cranberries. Cook in boiling water until berries burst. Strain through sieve and add sugar. Soak gelatine in cold water 5 minutes and add to hot cranberry mixture. Stir until dissolved. Let stand until cool. Add grapes, skinned and seeded, nuts, and pineapple. Stir until well mixed. When mixture begins to set, turn into a shallow pan or individual molds. Chill. Unmold and serve on lettuce with mayonnaise dressing.

—Mrs. R.S.H. Ohio

Molasses Pie

3 eggs 2 tablespoons melted
1¼ cups molasses butter
½ cup milk ⅔ cup pecan meats
1 baked pastry shell

Beat egg yolks slightly, add molasses, milk, and melted butter. Beat egg whites until stiff and fold into molasses mixture. Turn into baked pastry shell and sprinkle top with pecans, either whole or chopped. Bake in slow oven (300° F.) until firm.

If preferred, pour filling into an unbaked pie shell made of rich pastry, bake in a hot oven (425° F.) 15 minutes, then reduce heat to 350° F. and bake for 35 minutes longer.

—Mrs. E.T.T. Illinois

Tee Gebäcke (Tea Cookies)

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

¾ c. butter or margarine 2½ c. sifted cake or pastry
1¼ c. granulated sugar flour
1 egg 2 tbsp. browned butter
2 tbsp. sour cream 1 tsp. cinnamon

Cream the butter, and add 1 c. of the sugar gradually, beating with a spoon after each addition until the mixture is light and fluffy. Add the egg, and mix well. Add the cream and flour alternately, and stir until thoroughly mixed. Chill dough. Form into balls ¾" in diameter and place on greased cooking sheets 2" apart. Press the balls flat with a lightly floured cup. Brush each cookie with some of the browned butter, which is prepared by melting the butter until it is light brown in color. Sprinkle with some of the sugar and cinnamon mixture, which is made by combining ¼ c. of the sugar with the cinnamon. Bake in a hot oven of 425° F. for 8-10 min. At Christmas time this mixture may be cut into star shapes or rolled with a German rolling pin, which marks it with designs of Christmas trees and other appropriate decorations. This recipe makes about 6 doz. cookies 2" in diameter.

Kalb Mit Speck (Veal With Bacon)

(A GOOD HOUSEKEEPING TESTED RECIPE)

3 strips bacon 1 tsp. salt
2 c. sliced peeled onions Spk. pepper
2 lbs. veal steak, ¾" thick 1 c. water
¼ c. flour 1 tbsp. vinegar

Cut the bacon into small pieces and brown with the onions in a skillet. Sprinkle the veal with the flour, salt, and pepper; push the onions and bacon to one side of the skillet; add the veal, and brown it on both sides. Spread the onions and bacon over the veal; add the water; cover, and cook slowly for 1 hr. Add the vinegar, and continue to cook covered for ¼ hr. longer. Serve with fried noodles. (These can be purchased in cans.) Serves 6. To serve 2 or 3, make half this recipe.

(Caramel Meringue Pudding)

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

2 c. bottled milk or 1 c. 4 eggs, separated
evaporated milk and 1 c. 1½ c. granulated sugar
water ½ tsp. almond extract

Scald the milk and pour gradually over the slightly beaten egg yolks, while stirring constantly. Place ½ c. of the sugar in a skillet, and stir constantly over a low heat until melted and light brown. Add ¼ c. of sugar, and continue stirring over low heat until smooth. Add the milk mixture very gradually while stirring, and continue to stir until smooth. Turn off the heat, cover, and let stand until the meringue is prepared as follows: Beat the egg whites almost stiff with a hand beater or an electric beater at high speed, and add the remaining ¾ c. of sugar, beating constantly; add the extract. Pour the custard, which has thickened slightly, into a baking dish; arrange the meringue in a high ring around the edge of the dish, and place in a hot oven of 500° F. for 2 min., or until the peaks of the meringue are brown. Serve hot or cold. Serves 6. To serve 2 or 3, make half this recipe.

Kartoffel Pfannkuchen (Potato Pancakes)

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

2 c. grated pared raw potatoes Spk. pepper
1 tsp. salt 2 tbsp. flour
2 eggs, beaten

Combine all the ingredients, and drop from the tip of a tablespoon on to a hot griddle which has been greased or not, according to manufacturer's directions. Brown on both sides, cooking about 2½-3 min. in all. Serve with any meat gravy. Makes 15 pancakes.

Apfel Pfannkuchen (Apple Pancakes)

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

Add 2 c. pared, cored apples, sliced ¼" thick, to the German Pancake batter (pg. 85). Pour enough of this mixture into a skillet 6" in diameter, greased with butter or margarine, to form a thin layer over the bottom. Shake over heat until brown on the bottom, and then place under the broiler heat for 1 min., or until firm to the touch on top. Remove from skillet, and sprinkle each pancake with 1 tbsp. of a sugar-and-cinnamon mixture made by combining 6 tbsp. granulated sugar with 1 tsp. cinnamon. Roll up like a jelly roll, and slice into 4 crosswise slices. Makes 6 apple pancake rolls.

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22 15 Lbs

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23 20 Lbs.

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24 25 Lbs.

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KRAFT BRIDGE TEA SANDWICHES

Use small cutters in the shape of diamonds, hearts, spades and clubs. Use Kraft American Cheese with white bread, cut in diamonds; Kraft Pimento with white bread, cut in hearts; Kraft Swiss Cheese with whole wheat bread, cut in clubs; and "Philadelphia" Brand Cream Cheese with brown bread, cut in spades.

SALAD-SANDWICH LOAF

Remove crust from a loaf of sandwich bread. Cut lengthwise in four slices. Spread a slice with Kraft Kitchen-Fresh Mayonnaise and thinly sliced tomatoes. Cover with another slice of bread spread with Mayonnaise. Spread this with a generous layer of "Kay" and cover with the third slice of bread. Spread this with Mayonnaise and lettuce. Spread the fourth slice with Mayonnaise. Soften three packages of "Philadelphia" Cream Cheese with sweet cream and frost the entire loaf. Place in refrigerator about an hour before serving.

TOASTED ROLLED SANDWICHES

Slightly soften Kraft Velveeta in top of double boiler, then spread thinly sliced fresh, crustless bread with it. Roll and toast in the oven. Serve hot.



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SPICY BEET WITH BACON GRILL

Dissolve 1 package Lemon Jell-O in 1 pint boiling water. Cool. Add ½ cup prepared horse-radish, ¾ cup raw apple, finely diced, and ½ cup raisins. Chill. Combine 1 tablespoon vinegar, ½ teaspoon onion juice, 1 teaspoon salt, ¼ teaspoon caraway seed, and 1 cup cooked beets, finely diced. When Jell-O is slightly thickened, fold in beet mixture. Turn into individual molds. Chill until firm. Makes 8 molds.

Prepare luncheon plate of broiled bacon, toast points, and a Jell-O mold, unmolded on crisp lettuce.

LIME SALAD SUPRÊME

1 package Lime Jell-O 1 cup apples, diced
1 pint boiling water 1 cup crisp cabbage,
5 teaspoons vinegar chopped
½ teaspoon salt 4 olives, chopped

Dissolve Jell-O in boiling water. Add vinegar and salt. Chill. When slightly thickened, fold in apples, cabbage, and olives. Turn into individual molds. Chill until firm. Unmold on crisp lettuce. Serve with Hellmann's Mayonnaise. Serves 6. (All measurements on this page are level.)

J. P. Ayers, to whom you made the first shipment, renders you, on the following page, an Account Sales and a New York draft for the balance of the proceeds your due. File this Account Sales with your invoices.



CHRISTMAS CANDLE CAKES

- 1 1/2 cups sifted Swans Down Cake Flour
- 1 1/2 teaspoons Calumet Baking Powder
- 1/2 cup butter or other shortening
- 1 cup sugar
- 2 eggs, well beaten
- 1/2 cup milk
- 1 teaspoon lemon or vanilla extract

Sift flour once, measure, add baking powder, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs, then flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add flavoring. Pour into greased muffin pans, filling them about 3/4 full. Bake in moderate oven (350°F.) 20 to 25 minutes. Cool. Cover with boiled frosting and Baker's Coconut. Makes 2 dozen cakes. Serve with lighted candle in each. (All measurements are level.)



PLUM PUDDING

- | | |
|-------------------------------------|---|
| 1/2 cup apple, chopped | 1 tablespoon candied orange peel, chopped |
| 1/2 cup suet, chopped | 1/4 cup almonds, blanched and chopped |
| 1/2 cup molasses | 2 teaspoons Calumet Baking Powder |
| 2 eggs, well beaten | 1/2 teaspoon salt |
| 1/2 cup milk | 1/2 teaspoon soda |
| 2 cups sifted flour | 1/2 teaspoon cinnamon |
| 1/2 cup figs, chopped | 1/2 teaspoon allspice |
| 1/2 cup raisins | 1/2 teaspoon nutmeg |
| 1/2 cup currants | |
| 1/2 cup citron, sliced | |
| 1/2 cup candied cherries, quartered | |

Combine apple, suet, molasses, eggs and milk. Sift flour once, measure. Mix 1/2 cup flour with fruit and nuts. Combine remaining flour, baking powder, salt, soda, and spices, and sift again. Add to molasses mixture. Add fruit. Turn into well-greased molds, filling 3/4 full. Cover tightly. Steam 3 hours. Serve hot with hard sauce. Serves 12. (All measurements are level.)



CALUMET SUGAR COOKIES

- 2 1/4 cups sifted flour
- 1 1/2 teaspoons Calumet Baking Powder
- 1/2 teaspoon nutmeg
- 1/2 cup butter or other shortening
- 1 cup sugar
- 2 eggs, well beaten
- Grated rind of 1 lemon
- 1 tablespoon rich milk or cream

Sift flour once, measure, add baking powder and nutmeg, and sift together twice. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs, lemon rind, and cream and beat well. Add flour, a small amount at a time. Beat after each addition until smooth. Roll into thin sheet on slightly floured board. Cut with floured cookie cutters in fancy shapes, and dredge with white, red, or green sugar, or decorate with bits of candied cherry, pistachios, angelica, nuts, etc. Bake in hot oven (425°F.) 7 minutes. Makes 2 1/2 dozen 3-inch cookies. (All measurements are level.)

Pay to—R. S. Gray & Co.—or order.
J. P. Ayers.

REGAL CARAMEL CAKE

(3 eggs)

- | | |
|--|----------------------|
| 2 cups sifted Swans Down
Cake Flour | 2/3 cup butter |
| 2 teaspoons Calumet Baking
Powder | 1 cup sugar |
| 1/2 teaspoon salt | 3 eggs, well beaten |
| 1/4 teaspoon lemon extract | 6 tablespoons milk |
| | 1/2 teaspoon vanilla |

Sift flour once, measure, add baking powder and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs and beat well. Add flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add flavoring. Bake in two greased 9-inch layer pans in moderate oven (375° F.) 25 minutes, or until done. Spread Caramel Frosting between layers and on top and sides of cake.

CARAMEL FROSTING

- | | |
|--|-----------------------------|
| 1 1/2 cups brown sugar, firmly
packed | 1 1/2 cups granulated sugar |
| | 1/2 cups milk |
| 2 tablespoons butter | |

Combine sugars and milk and bring to a boil, stirring constantly. Then boil, without stirring, until a small amount of syrup forms a very soft ball in cold water (232° F.). Add butter and remove from fire. Cool to lukewarm (110° F.); beat until of right consistency to spread. May be placed over hot water to keep soft while spreading. (All measurements are level.)

Prize Devil's Food Cake

(3 eggs)

- | | |
|--|---|
| 2 cups sifted Swans Down
Cake Flour | 1 1/2 cups sugar |
| 2 3/4 teaspoons baking powder | 3 eggs, well beaten |
| 1/4 teaspoon salt | 3 squares Baker's Un-
sweetened Chocolate, |
| 2/3 cup butter or other
shortening | melted |
| | 3/4 cup milk |
| | 1 teaspoon vanilla |

Sift flour once, measure, add baking powder and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs and beat well; then chocolate and blend. Add flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla. Bake in two greased 9-inch layer pans in moderate oven (350° F.) 35 minutes, or until done. Spread Fruit Nut Filling between layers and Ivory Frosting on top and sides of cake. Double recipe to make three 10-inch layers.

Fruit Nut Filling

- | | |
|-------------------------|------------------------------|
| 1/2 cup chopped dates | 1 cup water |
| 1/2 cup chopped raisins | 1/2 cup broken walnut meats |
| 1/4 cup sugar | 1 tablespoon lemon juice |
| | 1 teaspoon grated lemon rind |

Combine dates, raisins, sugar, and water in saucepan. Cook over low flame 15 minutes, or until thick enough to spread, stirring constantly. Cool; add nuts, lemon juice and rind. Chill before spreading. Makes enough filling to spread between two 9-inch layers.

Ivory Frosting

- | | |
|---------------------------------------|-----------------------------|
| 2 egg whites, unbeaten | 1 1/4 cups granulated sugar |
| 1/4 cup brown sugar,
firmly packed | 5 tablespoons water |
| | 1 teaspoon vanilla |


Combine egg whites, sugars, and water in top of double boiler, beating with rotary egg beater until thoroughly mixed. Place over rapidly boiling water, beat constantly with rotary egg beater, and cook 7 minutes, or until frosting will stand in peaks. Remove from boiling water; add vanilla and beat until thick enough to spread. Makes enough frosting to cover two 9-inch layers generously.

(All measurements are level.)

To Me

Sell cards 28 and 39 to E. P. I. pert bookkeeping. Decide as to the entry.

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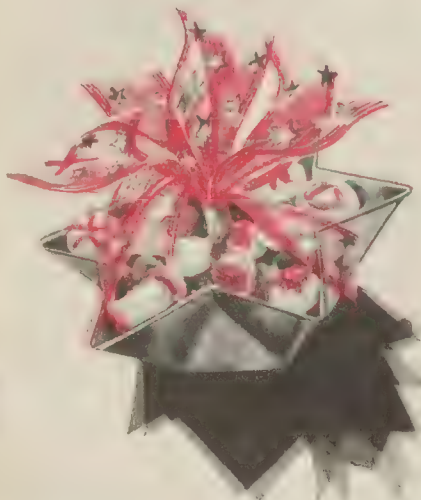
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NEW CANDIES



Mix thoroughly. Pour into a greased pan. Cut when cold: it is better if allowed to stand overnight.

Raisin Chocolate Squares

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| 1 cup sugar | 1 teaspoon vanilla |
| 1 1/2 tablespoons
butter | 1/2 cup fondant |
| 1/2 cup milk | 1/2 cup marsh-
mallow crème |
| 1 square chocolate | 1 1/2 cups seedless
raisins |
| 1/4 teaspoon salt | |
| 1 1/2 tablespoons white corn syrup | |

Combine sugar, corn syrup, butter, and 1/4 cup milk and bring to a boil, then add remaining milk gradually so as not to stop candy from boiling. Cook to 238° F., or until a spoonful dropped in cold water forms a soft ball. Then add chocolate and cook to a hard ball (245° F.). Remove from fire, add salt, vanilla, fondant, and marshmallow crème. Beat fast and thoroughly.

When well mixed, add raisins and pour into a greased pan. This may be cut when cold, but is better if allowed to set overnight.

Fondant

- | | |
|------------------|-----------------------------------|
| 2 cups sugar | 2 tablespoons white
corn syrup |
| 1 1/2 cups water | 1 teaspoon vanilla |

Cook sugar, water, and syrup together stirring until the sugar is dissolved. Cook to 238° F. (soft ball stage). Remove the crystals on the side of the pan with a fork covered with a clean cloth dipped in cold water. (This helps to prevent a grainy texture.) Pour syrup on a cold, wet platter and cool to 110° F. Beat with a spatula until white and creamy. Add vanilla and knead until the mass is smooth and free from lumps. Put away in a glass jar to ripen for 2 or 3 days. The fondant may be colored by adding a few drops of pink, red, or green vegetable coloring, and may be softened, when desired, by heating over hot water.

LAST Christmas a friend sent us a huge box of candy. When we opened it, what a revelation it was! Dried fruits had been transformed into a new candy that looked and tasted like a professional's dream. Needless to say, we begged for her recipes and now we pass them on—our Christmas gift to you.

To the borrowed recipes we added our own ideas in containers. Practical ones that cost only ten cents! The star mold; the green glass jar with its "rain" tassel; Fido, the plant-holder; and the coy camelopard, with his Cellophane packs, will all serve a purpose after the last crumb of candy is gone. —McCall's Food Staff.

Apricot Jelly Squares

These are especially fine for quick consumption, but are too delicate to pack in gift packages.

- | | |
|--------------------------------|------------------------------|
| 1 1/2 cups dried apri-
cots | 2 cups sugar |
| 1/4 cup gelatine | 3 tablespoons lemon
juice |
| 1 cup cold water | 1/2 teaspoon rind |

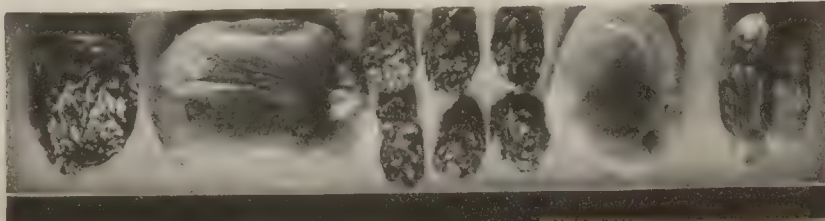
Cook apricots 40 minutes and mash them through a sieve. Soak gelatine in cold water a few minutes to soften, then add sugar, lemon juice and rind, and boil gently 20 minutes. Remove from fire, add apricots, mix thoroughly, and cool. Pour into a shallow pan lined with wax paper and allow to set overnight. Remove from pan, peel off paper, and cut into squares. Roll in powdered sugar. This candy must be kept in a cool place.

Raisin Coconut Candy

This is similar in texture to nougat.

- | | |
|-----------------------------|--------------------------------|
| 1 cup sugar | 1/2 cup marsh-
mallow crème |
| 2/3 cup white corn
syrup | 2 1/2 cups seedless
raisins |
| 1/2 cup water | 2 3/4 cups shredded
coconut |
| 1 tablespoon butter | |
| 1/4 teaspoon salt | 1 teaspoon vanilla |

Combine sugar, corn syrup, and water and boil to 236° F., or until it will form a soft ball when tested in cold water. Stir constantly. Remove from fire and add butter, salt, marshmallow crème, vanilla, raisins, and coconut.



FROM FRUIT

By Marjorie Black

Decorated fondant, in a variety of shapes and sizes, adds a gay note to the Christmas package. Use candied fruits, nut halves, cinnamon drops, angelica, bitter chocolate, or red and green shot.

Sun Drops

Sun Drops look like little brown burrs. The tiny prune center, dipped in hot caramel and rolled in nuts, becomes the size of a walnut. They keep well.

CENTERS

2 cups uncooked prunes $\frac{1}{2}$ cup walnut meats $\frac{1}{4}$ cup fondant

Remove pits from prunes, then put prunes and nuts through a food chopper, using a medium cutter. Mix with fondant and shape into tiny balls, using about $\frac{1}{2}$ teaspoonful for each. This center may be divided and flavored with different materials, such as brandy extract or grated orange peel.

CARAMEL

$\frac{3}{4}$ cup sugar $1\frac{1}{2}$ tablespoons hard $\frac{1}{2}$ cup white corn coconut butter or syrup nut margarine $1\frac{1}{4}$ cups thin cream $\frac{1}{4}$ teaspoon salt or evaporated milk $\frac{1}{2}$ teaspoon vanilla

COATING

1 pound chopped walnut meats, not too fine

To make caramel, cook sugar, corn syrup, and half the cream to a boil, then add remaining cream and coconut butter gradually so that the candy does not stop boiling. Stir constantly to prevent burning, and cook to 240° F (medium hard stage). Remove from fire, add salt and vanilla.

Dip the previously prepared centers into the hot caramel one at a time, balancing them on a fork, lifting each out, and putting it into a pan containing the chopped nuts. With the fingers help each to collect nuts, then place on wax paper to harden. As the pan of



caramel cools, set it in a pan of boiling water. If it gets too hard, add a little more cream and allow to come to a good boil again. *Note*—Coconut butter can be bought at the confectioner's

Raisin Rice Brittle

$\frac{1}{2}$ cups puffed cereal $\frac{1}{2}$ cup white corn syrup $\frac{3}{4}$ cups seedless raisins 1 tablespoon molasses 1 cup sugar 2 tablespoons butter $\frac{1}{2}$ cup water $\frac{1}{4}$ teaspoon salt $\frac{1}{4}$ teaspoon soda

Put cereal in oven, and dry until a kernel will crush to a powder between the fingers. Mix raisins and dry kernels together and keep warm in a big bowl or pan. Have a greased pan warm, too. Combine sugar, corn syrup, and water and cook until the grain of the sugar is dissolved. Remove the crystals on the sides of the pan with a fork covered with a clean cloth dipped in cold water. Continue to boil to 290° F. (0 until it snaps in cold water).

Turn fire low, add molasses, butter and salt. Let come to a boil. Remove from fire, add soda, and stir fast. Pour it on the cereal and raisins, mix well and pour mixture into the warm pan. Smooth top of candy to make it flat. Mark in squares. When cold remove from pan and break into pieces.

Peach Strips

These Peach Strips are particularly nice to serve with afternoon tea

1 cup dried peaches Granulated sugar

Wash peaches, steam five minutes and remove skin. Flatten halves as much as possible, then cut in very thin strips. Roll in sugar.

Fig Ginger Candy

1 cup dried figs 1 cup granulated sugar $\frac{1}{4}$ cup candied ginger $\frac{3}{4}$ cup thin cream $\frac{1}{2}$ cup brown sugar evaporated milk 1 tablespoon butter 1 teaspoon vanilla 1 cup seedless raisins

Boil figs 5 minutes, drain, and chop. Wash off sugar from candied ginger and cut into very small pieces. Combine the sugars with the cream; figs; cook to 234° F. (soft ball stage). Remove from fire, add butter and nilla, cool slightly, then beat until creamy. Add raisins and ginger. Knead and shape into a loaf. Slice as needed.

Southern Spicy Gingerbread

2 eggs • $\frac{3}{4}$ cup brown sugar • $\frac{3}{4}$ cup Brer Rabbit Molasses • $\frac{3}{4}$ cup melted shortening • $2\frac{1}{2}$ cups flour • 2 tps. soda • 2 tps. ginger • $1\frac{1}{2}$ tps. cinnamon • $\frac{1}{2}$ tsp. cloves • $\frac{1}{2}$ tsp. nutmeg • $\frac{1}{2}$ tsp. baking powder • 1 cup boiling water.

• Add beaten eggs to the sugar, molasses and melted shortening, then add the dry ingredients which have been mixed and sifted, and lastly the hot water. Bake in small individual pans or in a shallow pan in moderate oven (350° F.) 30 to 40 minutes.

APRICOT DAINTY PIE

Creamy Crisco gives you light digestible pastry

FILLING:
1 $\frac{1}{2}$ cups dried apricots $\frac{3}{4}$ cup whipping cream
3 cups water
 $\frac{3}{4}$ cup sugar
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon ginger
1 tablespoon gelatine dissolved in
 $\frac{1}{4}$ cup cold water

TENDER CRISCO PASTRY
1 $\frac{1}{2}$ cups flour
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup Crisco
4-6 tablespoons water

Soak apricots in water until soft. Add sugar, salt, ginger. Cook to thick pulp. Press through coarse sieve. Add gelatine, dissolved in water. Cool until it begins to set. Beat with Dover beater until fluffy. Fold in whipped cream. Pile into baked Crisco pie shell (the light digestible kind). Decorate with whipped cream. Chill.

Tender Digestible Pastry: Sift flour and salt. Cut in unchilled Crisco (a digestible vegetable shortening) until fine as meal. Add unchilled water, by tablespoonfuls, mixing so as to use as little as possible. Roll out on lightly floured board. Fit closely inside a pie plate, pricking entire surface. Bake in hot oven (450° F.) 12 to 15 minutes.

GOLDEN-HEART CROQUETTES

Crisp, digestible—with carrots as "inside surprises"

10 small carrots 1 teaspoon Worcestershire Sauce
2 cups cooked beef or veal shire
1 cup canned peas, drained 2 eggs
1 small onion 2 tablespoons water
 $\frac{1}{2}$ teaspoon salt 1 cup fine dry crumbs
 $\frac{1}{4}$ teaspoon pepper Crisco for deep-frying

Cook carrots tender in salted water. Drain. Put meat, peas and onion through food grinder (use fine knife). Add seasonings and 1 egg lightly beaten. Mix. With this mixture cover each carrot. Form into croquettes. Beat 2nd egg with water. Dip croquettes in mixture, then roll in crumbs. Fill flat-bottomed saucepan $\frac{3}{4}$ full of melted Crisco (a digestible vegetable fat). Heat Crisco slowly. When it will brown a bread-cube in 50 seconds, it has reached the correct heat (375° F.). Slide in the croquettes—raise heat for a minute to prevent Crisco from cooling. Fry until rich brown. Drain on absorbent paper. Serve with white sauce or tomato sauce. Strain Crisco to clear it of crumbs, save it for frying purposes. It can be used for frying many times. Crisco is economical.

MRS. PARR'S DATE SANDWICH-COOKIES

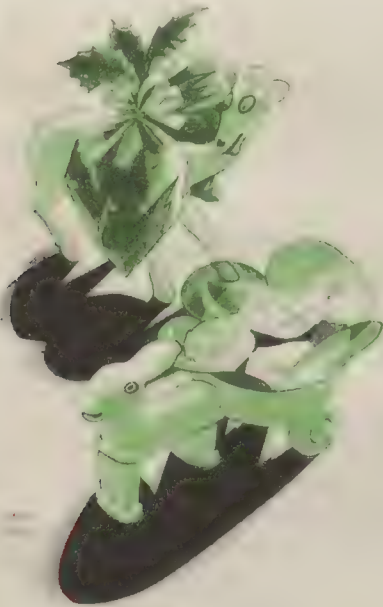
No creaming at all, because Crisco is so fluffy!

1 cup Crisco $\frac{1}{2}$ cup milk
1 cup light brown sugar
 $2\frac{1}{2}$ cups flour
1 teaspoon baking powder
1 teaspoon salt
2 cups rolled oats

FILLING:
1 lb. dates, pitted
1 cup light brown sugar
1 cup hot water

Measure Crisco and sugar (firmly packed) into bowl. Blend in a quick stirring. (So easy to do with Crisco, the creamy shortening!) Sift flour, baking powder, salt, then stir in rolled oats. Add alternately to Crisco mixture with milk. Mix well. Take small portions of dough and roll out thin on lightly floured board. Cut with small cutter. Put cookies together in two's, sandwich fashion, with 1 teaspoon of date filling between (see below). Or, if you wish, cut a hole in top cookie before joining together. Bake on Criscoed cookie sheets in moderately hot oven (375° F.) 10 to 12 minutes.

Filling: Dice dates, mix with sugar and water. Cook until thick and smooth.



BUFFET SUPPERS

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[Continued from page 36]

Sales Book entry.

Cook for 10 minutes. Serve in patty shells.

Shrimps à la Newburg

1 cup shrimps, cut in halves
1 tablespoon lemon juice
3 tablespoons fat
4 tablespoons salted sherry flavoring
1/4 teaspoon pepper
1/4 teaspoon paprika
1/2 tablespoon flour
2/3 cup cream
2 egg yolks

Sprinkle shrimps with lemon juice and let stand 10 minutes. Sauté in fat for 5 minutes. Mix flour and cream, add gradually and stir until smooth. When mixture has thickened, add lightly beaten egg yolks, pepper, and paprika. Place over hot water. Just before serving, add sherry flavoring.

Salmon, Mayonnaise

6 cups flaked salmon
1 teaspoon salt
1/2 teaspoon paprika
2 tablespoons Worcestershire sauce
1 teaspoon gelatine
2 tablespoons cold water
1/4 cup tarragon vinegar

Remove skin and bone from canned or cooked salmon. Separate into flakes and press through a coarse sieve. Add seasonings and Worcestershire. Soak gelatine in water, dissolve in hot vinegar, and add to salmon. Mix thoroughly. Pack firmly into slightly greased mold and chill. When firm, turn salmon out on serving platter and spread with Gelatine Mayonnaise made as follows:

Soak 1 teaspoon gelatine in 2 tablespoons water. Add 1 cup mayonnaise, a little at a time. Mix well. Chill slightly and as it begins to thicken, spread smoothly over salmon mold. Decorate with pimiento and green pepper, cut in fancy shapes, and slices of stuffed olives. 12 to 15 servings.

Macaroni, Ham au Gratin

Put a layer of cooked macaroni in a greased baking dish, add a layer of

chopped cooked ham and a layer of medium white sauce. Repeat the process. Cover top with buttered bread crumbs and sprinkle with grated cheese. Bake in a moderate oven (325° F.) until thoroughly heated and browned.

Baked Crabmeat and Celery

1 cup fat
1 cup flour
2 teaspoons salt
1/2 teaspoon pepper
8 cups milk
6 1/2 cups flaked crabmeat
3 1/2 cups cooked celery, cut in pieces
1 pimiento, chopped

Heat fat, add flour, salt, and pepper and mix well. Add 2 cups milk and stir until it thickens. Add remainder of milk gradually and cook over hot water until thick, stirring to keep mixture smooth. Add crabmeat and celery and heat thoroughly. Put in greased baking dishes and sprinkle with buttered crumbs. Bake in a moderate oven (375° F.) until crumbs are brown.

This is very nice baked in scallop shells. Garnish with parsley. This recipe will make twenty-five servings.

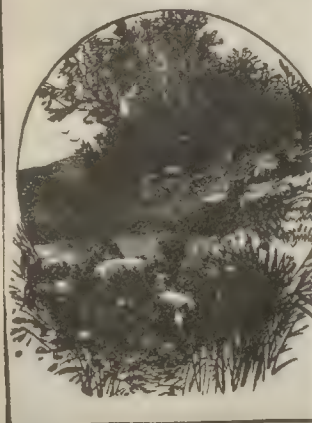
Green Peppers, Nemour

12 large green peppers
3 cups chopped cooked meat
3 cups cooked rice
1 cup canned peas
1 cup cooked carrots, diced
1/4 cup chopped parsley
1 onion, chopped
1 1/2 tablespoons salt
1/2 teaspoon pepper
4 tablespoons butter, melted
Buttered crumbs

Cut peppers in halves lengthwise, remove seeds and membrane. Parboil in salted water 10 minutes. Drain. Mix meat, rice, vegetables and seasonings. Fill peppers and cover tops with bread crumbs. Put in well-greased baking pan and bake in a moderate oven (350° F.) until thoroughly heated and crumbs are brown. Serve with cold sliced chicken, veal, or ham. This recipe will make enough for twenty-five people.

Make N. G. Norton
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this payment.

No. 702.



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SWEET THOUGHTS FOR EASTER

(Continued from page 100)

Or perhaps you will like to drop the apple cream by spoonfuls on the tattered surface of an inverted pan or a platter, and press half a nutmeat on each one.

Or you may stir nutmeats or coconut to the candy and mould it into balls. Keep it soft enough to work by placing bowl over warm water).

For packing the gift basket, roll each piece of candy in a twist of waxed paper cellophane.

CHOCOLATE MOLASSES PULL-TAFFY

HERE is an old favourite—with a new flavour! Just the same old-fashioned "pull"—with a combination of chocolate and molasses to give it something different in the way of taste, and a syrup in the mixture for that enable smoothness and the prevention of sugar crystals. Here are the ingredients:

1/2 cup brown sugar	2 tablespoons butter
1/2 cup water	4 squares unsweetened
1/2 cup corn syrup	chocolate melted over
1/2 cup molasses	hot water
1/2 teaspoon salt	3 teaspoons vanilla

Put the sugar, water, corn syrup and butter into a saucepan, stir to melt them, and place over slow heat; just until the sugar is dissolved and then continue to cook and stir until the mixture reaches 290 degrees F.—or a little above dropped into cold water becomes brittle. (The constant stirring is to prevent this easily-scorched mixture safe, is permissible in a taffy that is to be pulled).

Have a large greased platter ready—perhaps you will have that ideal help in candy making, an old marble slab. Any ancient washstand or table which has been saved with honour for purpose!)

Put the candy on it, then pour over the chocolate (which has been melted in hot, but not boiling, water) and the vanilla.

Arm yourself with a strong spatula and a broad-bladed knife and as the candy

cools around the edges, slip the blade under them and turn in towards the centre. Continue to work the candy in this way until it is cool enough to handle—then pull until entirely cold.

To finish the candy, stretch it out in a long rope, break it off in one-inch lengths—and there you are, with filling for a smart little Cellophane bag (just a square, tied up, as we picture at the top of page 100) or to go into a waxed-paper-lined box.

FRUIT-NUT DIVINITY

AMONGST the creamy candies, none is more delicately festive than white divinity to which chopped red and green cherries and probably chopped nutmeats, too, are added. Glacé cherries are easiest to use (the familiar "candied" cherries); or you may use the very-well-drained bottled maraschino and green mint cherries—or the very similar bottled red and green grapes. Here is the recipe.

3 cups granulated sugar	1/4 cup chopped nuts
1/4 cup boiling water	1/4 cup red cherries,
1/2 cup white corn syrup	chopped
1/2 teaspoon vanilla	1/4 cup green cherries,
2 egg whites	chopped
	1/4 teaspoon salt

Put into a saucepan, sugar, water, salt, corn syrup. Place over slow heat and stir until sugar is dissolved. Put cover on pan and boil to 250 degrees F. (or until a little dropped in cold water will form a firm ball).

Remove from heat when this stage is reached, and allow syrup to cool somewhat.

Beat the egg whites stiff, and very gradually beat the syrup into them. Continue to beat until the mixture begins to thicken well—then add vanilla, nuts and cherries (which all are already prepared).

Turn candy into buttered deep plate or a cake pan and mark into squares.

Or drop by small spoonfuls on buttered pan or platter—or mould in small balls. For this slower procedure, the candy may be kept soft enough by placing its bowl over warm water.

Fruit or custard soufflés are a delicate and fashionable dessert, while those made with cheese, chopped meat, flaked fish, or vegetable pulp are ideal as a main dish for luncheon or for a light dinner.

A sauce, or cream, is sometimes served with a sweet soufflé, but the real epicure prefers his plain.

Lemon Soufflé

4 egg yolks	Grated rind and juice 1
1 cup sugar	lemon
	4 egg whites

Beat egg yolks until thick and lemon-colored. Add sugar slowly, beat thoroughly, and add lemon juice and rind. Fold in stiffly-beaten egg whites. Turn into greased pudding dish, set in a pan of hot water, and bake in a moderate oven (350° F.) about 50 minutes.

Apricot Soufflé

1/4 cup apricot pulp	Few grains salt
Sugar	3 egg whites

Heat apricot pulp (cooked or canned fruit, drained, and rubbed through sieve). Add sugar, if needed, and salt. Beat egg whites until stiff. Fold into the fruit pulp. Turn into greased individual molds—3/4 full. Set in a pan of hot water and bake in a moderate oven (350° F.) 20 to 25 minutes.

Prune Soufflé—Use the recipe for Apricot Soufflé, substituting prune pulp for the apricot pulp.

Apricot Peach Soufflé—Cover the bottom of a greased pudding dish with well-drained, canned sliced peaches.

Sprinkle with flour and sugar. Pour the Apricot Soufflé mixture over them. Bake in a moderate oven (350° F.) about 50 minutes. Serve with peach syrup mixed with whipped evaporated milk or cream.

Custard Soufflé

4 tablespoons butter	4 tablespoons sugar
3 tablespoons flour	1/4 teaspoon salt
1 cup milk	1/2 teaspoon vanilla
4 egg yolks	4 egg whites

Melt butter, add flour, and mix until smooth. Add milk gradually and bring to boiling point, stirring constantly. Beat egg yolks until thick and lemon-colored, and add sugar and salt. Add slowly to hot mixture, stirring until blended. Cool slightly. Add vanilla and fold in stiffly-beaten egg whites. Turn into a greased pudding dish and bake in a moderate oven (350° F.) about 50 minutes.

Chocolate Soufflé—Use the recipe for Custard Soufflé. Melt 2 squares unsweetened chocolate over hot water, add 2 tablespoons sugar, and 2 tablespoons hot water. Stir until smooth, and add to the hot milk mixture just before adding the egg yolks.

Soufflé Layer Pudding—Make 1/2 the recipe for Custard Soufflé and 1/2 the recipe for Chocolate Soufflé. Put the chocolate mixture in a greased pudding dish and pour the light mixture over it.

Cheese Soufflé

4 tablespoons fat	Few grains cayenne
4 tablespoons flour	1 cup milk
1/2 teaspoon salt	1 cup grated cheese
1 teaspoon mustard	3 egg yolks
	3 egg whites

Melt fat, add flour, salt, mustard, and cayenne and mix well. Add milk gradually and bring to boiling point, stirring constantly. Add cheese and well-beaten egg yolks, and stir until cheese is melted. Cool slightly. Fold in stiffly-beaten egg whites. Turn into a greased baking dish and bake in a moderate oven (350° F.) about 50 minutes.

Cheese Soufflé Pastries—Use recipe for Cheese Soufflé, substituting 1 cup cream for the milk. Line ramekins with rich pastry and pour in cheese mixture—3/4 full. Bake in a moderate oven (350° F.) 20 to 25 minutes.

Corn Soufflé

2 tablespoons fat	Few grains paprika
2 tablespoons flour	1 cup milk
1 teaspoon salt	1 1/2 cups corn
Few grains pepper	3 egg yolks
	3 egg whites

Melt fat, add flour, salt, pepper, and paprika and mix well. Add milk gradually and bring to boiling point, stirring constantly. Beat egg yolks until thick and add to sauce, with the corn. Mix well. Cool slightly and fold in stiffly-beaten egg whites. Turn into a greased baking dish and bake in a moderate oven (350° F.) about 50 minutes.

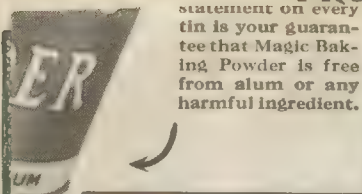
Salmon Soufflé

1/2 cup milk	1/16 teaspoon pepper
1/2 cup soft bread crumbs	1/16 teaspoon paprika
1 can salmon, flaked	3 egg yolks
1/4 teaspoon salt	3 egg whites

Heat milk, add crumbs, and cook 5 minutes. Add fish, salt, pepper, and paprika. Add well-beaten egg yolks. Cool slightly and fold in stiffly-beaten egg whites. Turn into a greased baking dish and bake in a moderate oven (350° F.) about 50 minutes.

[Turn to page 108]

PRODUCE AND PROVISION BUSINESS.

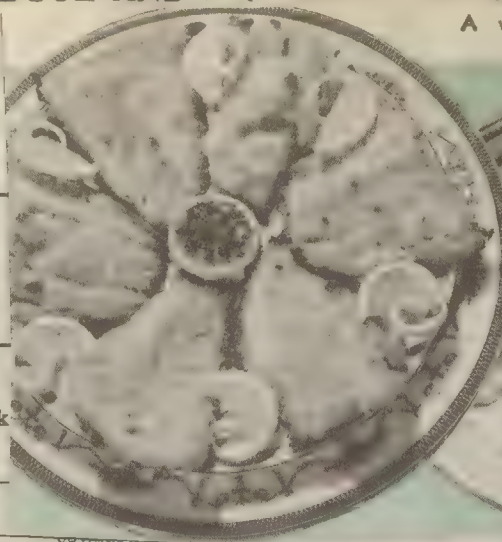


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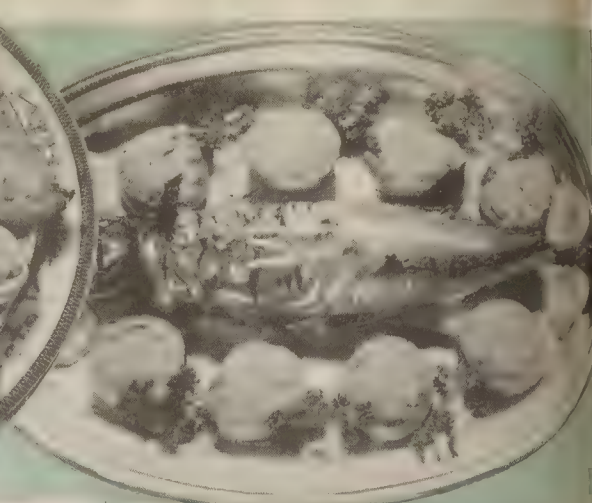
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C-11



A whole baked mackerel, garnished with tomato halves.



Planked Fish

(Lake trout, white fish, doré, haddock, mackerel—from two and a half to six pounds.) Clean the fish thoroughly, removing scales, fins and head, lay it open, skin side down and with a sharp knife cut down the centre back to, but not through, the skin. Trim off the uneven edges at the top with the scissors but leave the tail on. Lay the fish, skin side down, in a large

baking pan which has been well oiled with cooking oil. Sprinkle with salt and cover the surface thickly with sifted dry bread crumbs. Sprinkle oil liberally over the crumbs and place the pan in a very hot oven—500 to 550 degrees Fahr.—until the fish is tender and the crumbs nicely browned (about ten to twenty minutes depending on the size of the fish). Slide carefully on to a hot serving platter and garnish with lemon sections and parsley. Serve with Sauce Tartare.

Baked Fish With Top Dressing (favorite with children.)

(Fillets of halibut, haddock, flounder)
Arrange the fillets close together in a well-oiled baking pan, sprinkle with salt and cover with the following dressing to a depth of about one inch:

Dressing: Cut the crusts from a loaf of bread and crumble the bread. Add one teaspoonful of mixed poultry dressing to four cupfuls of bread crumbs and season to taste with salt and pepper. Mince onions (half cupful to the above amount of bread, more or less depending on personal taste), place in a baking pan and cover with cooking oil, melted butter or melted bacon fat and cook in a moderate oven until the onion is tender. Then add oil and all to the crumbled bread. Mix thoroughly, adding more oil if the dressing appears to be too dry.

Place the pan of fish and dressing in a hot oven—450 to 500 degrees Fahr.—cover with an inverted pan for the first half of the cooking and bake until the fish is tender and the dressing nicely browned (about ten minutes). Cut in squares and serve on a hot platter, garnished with parsley, or if a glass baking dish is used, serve in the dish.

Breaded Oven-Cooked Fish (Spencer Method)

(Almost any fish can be cooked in this manner.)

Cut the prepared fish into pieces of a suitable size for serving, or if using small fish, leave them whole with the heads and tails on. Dip each piece into salted milk (half tablespoonful of salt to half cupful of whole or undiluted evaporated milk), toss into a pan of sifted dry bread crumbs, coat thoroughly and place in a well-oiled baking pan. Sprinkle liberally with oil and place in a very hot oven—500 degrees Fahr. Bake until the fish is tender and the crumbs nicely browned (about ten minutes). Serve with Sauce Tartare.

W. I.

Provision Business, at 274 Adams St., Chicago, Ill.

R. A. Welch invests, cash \$1,500; Bills Receivable, \$2,000; I. W. Miner, on account, \$2,500; D. M. Hull, on account, \$5,000. R. A. Welch's liabilities are: Bills Payable, \$700; J. M. Arthur, on account, \$1,700. R. McCrae invests, cash, \$1,000; Bills Receivable, \$1,250. W. I. Tobin invests, Bills Receivable, \$1,375; G. H. Cooley, on account, \$1,783; J. D. Denny, on account, \$1,475; liabilities, Bills Payable, \$500.

After the examination has been prepared and your books have been accepted by your teacher, you may continue business.

Oven Steamed Fish

(Spencer Method)
(Fillets or slices of fish.)

Place the prepared fish in a well-oiled baking pan and sprinkle generously with salt. Place the pan in a moderate oven—350 to 400 degrees Fahr.—and cook until the fish is tender (about ten minutes). The fish is cooked by the steam, which is produced from the juices drawn out of the fish in cooking. Similar results are obtained by steaming the fish in parchment paper. The resulting juice may be used as part of the liquid in making sauce to serve with the fish.

Oven Fried Oysters

Clean the oysters and dip them into salted milk (half tablespoonful of salt to half cupful of undiluted evaporated milk), drain and coat with sifted dry bread crumbs. Place in a well-oiled baking pan and sprinkle liberally with oil. Bake in a hot oven—500 degrees Fahr.—for seven to ten minutes. Serve immediately with lemon sections and a garnish of parsley.

Norwegian Fish Pudding

- 2 Cupfuls of finely ground, raw fish pulp (halibut, cod, haddock)
- 2 Eggs
- 2 Cupfuls of soft bread crumbs
- 2 Cupfuls of milk
- 2 Tablespoonfuls of butter
- Salt and pepper
- 1 Teaspoonful of Worcestershire sauce
- 1 Tablespoonful of lemon juice

Select some variety of white fish as suggested, remove the skin and bones and put the fish through the food chopper, using the finest knife. Cook the bread crumbs, milk and butter together, stirring frequently until the mixture leaves the sides of the pan; set aside to cool. Mix the fish pulp and the egg yolks and add the cooled panada (bread and milk mixture). Season to taste with salt and pepper, add the Worcestershire sauce and the lemon juice and lastly fold in the beaten egg whites. Turn the mixture into an oiled mold with a tight cover, into a large baking dish or into individual custard cups. Set in a pan of hot water and bake in a moderate oven—350 degrees Fahr.—for about forty-five minutes or until firm when tested with a knife as a custard would be tested. Or cover the mold tightly and steam for one to one and a half hours, exact time depending on the size of the mold. Serve unmolded with a rich sauce.

ership, but will continue business

for inspection. While waiting for a copartnership. This opening entry a set of books, but it must be prepared by the copartnership are as follows. day of March, 19, been formed by McCrae & Co., for the purpose

Ciopino (pronounced chipeeno) (Italian fish stew)

- 2 Pounds of fish fillets or skate meat
- ½ Cupful of cooking oil
- 3 Cloves of garlic, minced
- 3 Medium-sized onions, minced
- 1 Can of tomatoes
- Salt and pepper
- ½ Cupful of flour
- 1 Tablespoonful of lemon juice
- 3 Tablespoonfuls of tomato catsup
- 1 Tablespoonful of finely chopped parsley

Press the tomatoes through a sieve, season with salt, pepper, the lemon juice and tomato catsup and heat to boiling. Heat the oil in a heavy pan, add the minced garlic and onions and allow to cook until tender and yellow in color. Stir in the flour, cook until blended, stirring constantly and add the heated tomato mixture, whipping until smooth. Add the fish which has been cut into pieces, four or five to the pound, cover tightly and simmer for ten to fifteen minutes, stirring frequently to prevent sticking and serve piping hot in a ring of boiled or steamed rice. Or lay the fish in a casserole or other baking dish, cover with the mixture and bake in a hot oven—400 to 450 degrees Fahr. for about fifteen minutes. Sprinkle with minced parsley and serve. If cooked as a stew, cut pieces of potato may be added with the fish.

This dish may be prepared in advance and allowed to stand for a day or two.

Sauce Tartare

(To serve with broiled, baked, fried or Spencer Method oven-cooked fish.)

- 1 Egg yolk
- Juice of half lemon
- Salt and paprika
- 1 Cupful of salad oil
- 1 Tablespoonful of finely minced dill pickle
- 1 Tablespoonful of finely minced onion
- 1 Tablespoonful of finely minced parsley
- 1 Tablespoonful of minced capers

Put the egg yolk into a bowl, begin to add the oil a drop at a time, beating constantly until the mixture begins to thicken. Then add a little lemon juice and more oil very gradually. Continue until the lemon juice and oil are all used up, adding the oil more quickly as the mixture thickens. Season with salt and paprika and chill. Before serving, add the finely chopped, pickle, onion, parsley and capers. If not all used, cover and store in a cool place.

HIT-JUICE COCKTAIL: Pour into a glass of crushed ice.

Things That Go with Fish

ads—cabbage, lettuce, endive, asparagus, tomato, water cress, cucumber, mixed vegetable. A salad with a sharp or sour dressing is needed.
ckles—beets, beans, cucumber, melons, small onions.
dishes—Piccalilli and sour-pickle relish.
eads—rye, corn bread.

Garnishes That Go with Fish

arsley—whole, chopped, with lemon, with butter, with tomato.
ater Cress.
emon—sliced, halved, with parsley, with butter.
ange—sliced, fancy shapes.
rapes—whole, pickled.
ucumber—sliced, with tomato.
omato—stuffed with coleslaw, sliced, with cucumber, with French dressing, broiled.
g—hard-cooked, halved, sliced, sieved.
dishes—plain, roses.

Olives—whole green, ripe, stuffed.
Celery—curls, stuffed with cheese.
Green pepper—strips, rings.

Pickles—cucumber, small onion, tiny melons, cauliflower, tiny beets, gherkins.
Beet—tiny whole, sliced in fancy shapes.
Pimento—strips, rings to hold asparagus.
Anchovies.
Croutons and crumbs—on baked, creamed dishes.

Sauces to Use with Fish

Parsley.
Egg.
Fish—shrimp, oyster, anchovy.
Sauce piquante.
Tartar.
Béchamel.
Hollandaise—plain, cucumber, horse-radish.
Béarnaise.
Maitre d'hôtel butter.
Mornay.
Mushroom.
Caper.

Stuffings That Go with Fish

Bread.
Oyster.
Tomato.
Variations of above.

AND now for some recipes for fish and fish dishes. These recipes make good use of canned or frozen fish, the quality, desirability, and convenience of which are unsurpassed in food products.

Casserole of Salmon with Noodles

2 Cups Uncooked Noodles 1½ Cups Canned Peas, Drained
1 Large Can Salmon Salt and Pepper
¼ Cupful Chopped Pimento 2 Cups Thin White Sauce
Buttered Bread Crumbs

PREPARE the white sauce, using 2 tablespoons of shortening and 2 of flour, 1 teaspoon of salt, dash of pepper, and 2 cups of milk.

Cook the noodles until tender in salted water. Drain. Place a layer of the noodles on the bottom of a buttered baking dish. Then cover with a layer of the salmon, pimento, and peas. Season with salt and pepper. Repeat until the ingredients are used. Pour over this the white sauce. Sprinkle the top with the buttered crumbs and bake for 1 hour in a moderate oven (350 degrees F.). Serve with a salad with a sharp dressing and with corn bread.

Crab Meat, Shrimp, and Mushrooms in Ramekins

3 Tablespoons Shortening 1 Cup Flaked Crab Meat
2 Tablespoons Flour 1 Cup Shrimp, Cut in
½ Teaspoon Salt Small Pieces
Dash Pepper ½ Cup Fresh Mushrooms.
½ Cup Milk Cut in Pieces
½ Cup Cream Bread Crumbs

MAKE cream sauce of 2 tablespoons of the shortening, flour, milk, cream, and seasonings. Stir constantly until thick. Add the crab meat, shrimp, and mushrooms (which have been sautéed in 1 tablespoon of the shortening for 5 minutes). Put in ramekins, cover the tops with the bread crumbs, and bake in a hot oven (400 degrees F.) until the crumbs are brown. Serve with water cress, either plain with salt or as water cress salad.

Lobster Croquettes

2 Tablespoons Shortening Salt and Pepper
2 Tablespoons Flour 2 Cups Lobster Meat, Chopped
1 Cup Milk 1 Teaspoon Chopped Parsley
1 Teaspoon Lemon Juice

MAKE a white sauce of the shortening, flour, salt, pepper, and milk. When thick and smooth and cool add to it the lobster, which has been seasoned with ½ teaspoon of salt, the parsley, and lemon juice. A dash of nutmeg may also be added. Shape the mixture into small croquettes. Egg and crumb and fry in hot deep fat until brown. Drain on brown paper. (Fat temperature at 390 degrees F.) Serve this with tartar sauce.

Tartar Sauce

1 Cup Mayonnaise 1 Tablespoon Olives, Chopped
1 Tablespoon Chopped Capers ½ Teaspoon Parsley, Chopped
1 Tablespoon Sour Cucumber ½ Teaspoon Onion, Scraped
Pickle, Chopped (May Be Omitted)

PLACE the mayonnaise in a bowl, and fold the other ingredients into it. Chill. Serve in lettuce cups.

Codfish Soufflé

½ Cup Rice ½ Cup Salt Codfish
2 Cups Milk 1½ Tablespoons Shortening
2 Egg Yolks 2 Egg Whites, Stiffly Beaten
Dash Pepper

WASH the rice. Add to the milk in a double boiler and cook until tender and dry (for about 1 hour). Freshen the codfish by soaking (or by cooking for about 10 minutes). Then add the egg yolks, shortening, codfish, and pepper to the rice, and blend. Fold in the stiffly beaten egg whites and turn into a greased baking dish. Place the dish in a pan of hot water and bake in a moderate oven (350 degrees F.) until it is brown (for 40 to 45 minutes). Garnish with parsley and serve with maitre d'hôtel butter or with egg sauce.

Parties for the Young

(Continued from page 91)

on top of cold water. Add boiling water and sugar, and stir until dissolved. Add apple (use red apples and do not peel), grapefruit, and nuts, and mix thoroughly. Pour into individual molds which have been first dipped in cold water. Chill thoroughly. Serve on crisp lettuce with Whipped Cream Dressing. Serves 6.

Ginger Muffins

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

2 c. sifted cake or pastry flour
4 tsp. tartrate or phosphate baking powder or 2 tsp. combination-type baking powder
1/4 c. molasses
1/4 tsp. ginger
1/4 tsp. cinnamon
1 egg, well beaten
3/4 c. bottled milk or 3/8 c. evaporated milk and 1/8 c. water
1/2 tsp. salt
4 tbsp. melted butter or margarine

Sift the flour with the baking powder, salt, ginger, and cinnamon. Combine the egg, milk, molasses, and butter. Add the milk mixture to the dry ingredients, and stir quickly and vigorously until the dry and liquid ingredients are mixed and have a lumpy appearance. Bake in greased muffin pans in a hot oven of 425° F. for 25 minutes. Makes 12 muffins.

Chocolate Wafer Sandwiches

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

1 3-oz. pkg. cream cheese 24 chocolate wafers

Work the cream cheese with a fork to a spreading consistency. Spread between the chocolate wafers. Makes 12 sandwiches.

AFTERNOON TEA

American Cheese and Chives Sandwiches
Devised Ham Delight Open Sandwiches
Currant Orange Mint Sandwiches

Mincemeat Drops Coconut Tea Strips

American Cheese & Chives Sandwiches

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

1/2 c. spreading American Cheese 2 tbsp. chopped chives
Butter
Whole-wheat Bread

Cream the cheese and add the chives. Spread between buttered slices of whole-wheat bread. Makes 8 sandwiches. Remove crusts. Cut each sandwich in 4 strips. Makes 32.

Devised Ham Delight Open Sandwiches

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

1/4 c. devised ham 2 tbsp. mayonnaise
1/4 c. finely chopped pickle Whole-wheat bread
Pimiento

Combine ham, pickle, and mayonnaise, and spread on slices of buttered whole-wheat bread. Remove crusts, and cut in half diagonally. Garnish with strips of pimiento. Spreads 16 slices. Makes 32 servings.

Currant Orange Mint Sandwiches

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

1/2 c. currant jelly 1/4 tsp. finely minced fresh mint
1/4 tsp. grated orange peel White bread

Combine all ingredients and use as a spread for buttered white bread. Remove crusts and cut each sandwich into 4 squares. Makes 1/2 c. filling and fills 4 large or 16 small sandwiches.

Coconut Tea Strips

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

4 tbsp. shortening 1 egg
4 tbsp. granulated sugar 1/4 c. bottled milk or 1/8 c. evaporated milk and 1/8 c. water
1 tsp. grated orange rind 1/2 c. orange juice
2 c. sifted cake or pastry flour 1 egg white
4 tsp. tartrate or phosphate baking powder or 2 tsp. combination-type baking powder 4 tbsp. granulated sugar
1/2 c. shredded coconut

Cream shortening thoroughly, add sugar gradually, and cream well. Add orange rind and egg. Beat until light and fluffy. Sift flour and baking powder together, and add alternately to egg mixture with milk and orange juice. Beat until smooth. Pour into a greased and floured baking pan 15" x 10". Cover with a layer of meringue made by beating the egg

younger generation

90

Parties for the Young

white stiff and dry and adding the 4 tbsp. granulated sugar gradually while beating. Sprinkle with coconut. Bake in a moderate oven of 350° F. for 25 minutes. Cool and cut into strips. Makes 2 doz. tea strips.

Mincemeat Drop Cookies

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

1/4 c. shortening 1 1/4 c. sifted cake or pastry flour
1/2 c. granulated sugar 2 1/2 tsp. tartrate or phosphate baking powder or 1 1/4 tsp. combination-type baking powder
1 egg
1 c. mincemeat

Cream shortening, add sugar, beaten egg, mincemeat, and flour and baking powder, which have been sifted together. Drop by half-teaspoonfuls on a greased baking sheet and bake in a hot oven of 425° F. for 10 minutes. This makes 50 cookies.

PROM REFRESHMENTS

Open Marmalade and Nut Sandwiches
Ham and Chutney Sandwiches
Frozen Mint Punch

Assorted Ices Coffee Petits Fours

Open Marmalade and Nut Sandwiches

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

1/4 c. orange marmalade Whole-wheat bread
1/4 c. chopped nutmeats Creamed butter

Cut bread in 16 slices 1/4 inch thick. Cut a two-inch round from each slice. Combine marmalade, nutmeats, and butter, and spread on 8 of the rounds. Cut a 1-inch circle from the center of remaining 8 rounds, and place these rings on top of the spread rounds. Makes 8.

Ham and Chutney Sandwiches

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

1/4 c. spreading American Cheese 1/4 c. chopped chutney
cheese Creamed butter
1/4 c. devised Smithfield ham 8 slices white bread

Spread 4 slices of bread with cheese, then with devised ham, then with chutney. Top with remaining slices spread with creamed butter. Remove crusts, and cut each sandwich into 4 strips. Makes 16 strips.

Frozen Mint Punch for Fifty

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

2 c. granulated sugar Juice of 8 lemons
2 qts. water 2 qts. grape juice
2 large bunches fresh mint 2 qts. carbonated water
Ice

Dissolve the sugar in the water, add the washed bunches of mint, bring to a boil, and boil 10 min. Cool. Add strained lemon juice and grape juice and chill. Just before serving add carbonated water. Pour over a large piece of ice, or ice cubes, in a punch bowl. Serves 50.

Parties

At School

While the success of a party depends on many things, not the least of these is the food that is served. Well we know (from experience!) how refreshment committees rack their brains over a menu. They want the particular party they are planning to linger long in the memory of every guest because of the unusual and delicious food that was served. And so we come to your assistance with menus and recipes for many occasions.

Instead of the too-familiar dinner dance, why not try the new and smart buffet supper dance, where the guests help themselves to the foods they like best from an abundance of good things, arranged on the table in buffet style?

BUFFET SUPPER DANCE

Assorted Hors d'Oeuvres
Tomato Juice Cocktail
Shrimp and Olive Casserole
Cold Sliced Daisy Ham and Cheese
Buttered Hot Biscuits
Vegetable Salad Bowl French Dressing
Strawberry Bavarian Cream Chocolate Cake
Coffee

Shrimp and Olive Casserole

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

3 tbsp. fat 2 c. diced cooked or canned shrimp
3 tbsp. flour 1/4 c. sliced stuffed olives
Speck pepper 1 c. diced celery
1 1/2 c. bottled milk or 3/4 c. evaporated milk and 1/4 c. water 1 c. whole-wheat bread crumbs
1/4 c. melted butter or margarine

First put aside 8 whole shrimps to use as a garnish. Make a medium white sauce as follows: Melt the 3 tbsp. fat in the top of a double boiler. Remove from heat; add the flour and pepper. (No salt is used in the sauce because of the olives.) Stir until well blended. Add the milk, and cook until thick over boiling water, stirring constantly. Cover and cook for 10 minutes. Then add the diced shrimp, from which the black vein running down the back of each has been removed, and the sliced olives; mix and heat thoroughly. Arrange hot shrimp mixture and diced raw celery in alternate layers in a greased 1 1/2 qt. casserole, placing the whole shrimps on top. Sprinkle with the bread crumbs mixed with the melted butter, and bake in a hot oven of 400° F. for about 15 minutes or until brown. Serves 6-8.

Vegetable Salad Bowl

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

1/2 head chicory 8-10 ripe olives
Leaves of lettuce 1 large avocado pear, pared
1 cucumber, pared and stoned, and sliced
1 sliced 2 medium-sized tomatoes cut in eighths
1/2 head endive French Dressing

Prepare the vegetables and chill thoroughly. Place them in layers in a salad bowl. Pour over them enough French Dressing to moisten all ingredients thoroughly, and toss the vegetables about with forks until each piece is glistening with dressing. Serves 6-8.

always combination for successful parties it is! Home they troop from school and college for the spring holidays, their minds full of ideas for entertaining their friends. Back to the campus they go, after a brief vacation, brimming with enthusiasm for the Junior-Senior Banquet, the Spring Prom, the Fraternity Formal, Faculty Teas, and all the rest of the gay affairs that round out the spring semester.

No.	75	YOU. HARRY BEANS	Lbs. Codfish
			Less 8%

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for the Younger Generation

and At Home

By Demetria M. Taylor and Elizabeth C. Phillips
Of the Institute Staff

School banquets are more interesting than ever when the menu follows the color scheme used in the decorations. The spring colors carried out in this menu are particularly lovely.

YELLOW AND LAVENDER BANQUET

Halves of Grapefruit with Grape Juice
Cheese Soup
Chicken Maryland
Buttered Wax Beans
Hot Rolls
Celery Hearts
Lemon Ice Garnished with Candied Violets
Tiny Cakes with Yellow and Lavender Icing
Coffee

Cheese Soup

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

1/2 tsp. minced onion
1/2 qt. bottled milk or 2 c.
1 tsp. fat
evaporated milk and 2 c.
1 tsp. flour
water
2 tsp. salt
1/4 lb. soft yellow cheese,
Paprika
grated

Sauté the onion in the fat until onion is tender. Add the flour and salt, and stir until smooth. Then add the milk slowly while stirring constantly. Next add the grated cheese, and cook until smooth and thick. Sprinkle with paprika. Serve with crackers. May be garnished with minced olives or pimienta. Serves 6.

At the fraternity house, stag dinners are often given when faculty members are being entertained, or when promising freshmen fledglings are being rushed. Here is a menu guaranteed to impress.

STAG DINNER

Crab Meat Cocktail
Rolled Kidney Lamb Chops and Bacon
Buttered Lima Beans
Creamed Potatoes
Piccalilli
Hot Rolls
Sliced Orange and Watercress Salad
French Dressing
Vanilla Ice Cream with Crushed Strawberries
Sponge Cake
Coffee

Rolled Kidney Lamb Chops and Bacon

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

Wrap each rolled kidney lamb chop in a slice of bacon and broil within a half inch of the flame or element for 10-12 minutes, turning once.

At home, during the holidays, or on the campus, bridge luncheons are unfailingly popular among the feminine contingent of the younger set. Here is a menu that will delight them, we are sure.

BRIDGE LUNCHEON

Cranberry Juice Cocktail
Molded Grapefruit and Apple Salad
Whipped Cream Dressing
Ginger Muffins
Spanish Cream
Chocolate Wafer Sandwiches
Coffee

Molded Grapefruit and Apple Salad

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

1 1/2 tbsp. granulated gelatine
1 c. apple, cut in cubes
1/4 c. cold water
1/2 c. pecans, broken in
1/2 c. boiling water
pieces
1/2 c. granulated sugar
2 c. grapefruit pulp and
Lettuce
juice (No. 2 can)
Whipped Cream Dressing

Sprinkle gelatine (Continued on page 146)



Photographs by H. I. Williams

The buffet supper awaits the arrival of guests who are enjoying hors d'oeuvres in another room. The main course is on the table. Menu on page 90



Hors D'Oeuvres:

Crab meat in clam shells, Vegetable Salad, Shrimp Olga, Deviled Eggs and Stuffed Celery

Pumpnickle Sweet Rye Bread Knackerbrod
Baked Beans Swedish Meat Balls
Swedish Apple Cake

Crab Meat in Clam Shells

Pick over crab meat to remove bits of shell; mix with enough mayonnaise dressing to moisten; put a spoonful of mixture in each clam shell. (Ask your fish dealer to save his clam shells for you.) Spread a little more mayonnaise over the top and garnish with a bit of parsley or minced green and red pepper. Arrange on tray or platter.

Vegetable Salad

Use a prepared gelatine aspic or make a well-seasoned gelatine foundation—plain or lemon-flavored. As it starts to thicken, fold in cooked and seasoned vegetables—string beans, peas, carrots—and some finely chopped boiled veal. Turn into individual molds, or arrange vegetables in layers in a large mold, first covering bottom of mold with a layer of gelatine. Allow this to set, then add some peas and enough gelatine to hold them in place; then a layer of beans, carrots, meat, and so on until mold is full. When firm and ready to serve, unmold on [Turn to page 45]

UPSIDE DOWN HAM LOAF

Melt a little butter and brown sugar in a heavy frying pan and completely cover the bottom with sliced pineapple, orange sections, and red cherries arranged in an attractive pattern. Cook until the fruit is slightly brown. Mix well 1½ pounds chopped ham, 2 eggs and 1½ cups soft bread crumbs. Put the ham mixture in the frying pan on top of the fruit and pat down evenly. Bake in a moderate oven (375° F.) about 40 minutes. Pour off the surplus fat and juice and turn the loaf on to a large round platter. The fruit pattern will be on the top. Garnish with watercress or parsley.

FRENCH FRIED PEARS

Drain canned pears thoroughly. Dip pear halves in cracker crumbs, then in beaten egg diluted with milk (1 tablespoon milk to each egg) then in cracker crumbs again. Fry in deep hot fat (375° F.) until a delicate brown. Drain on unglazed paper. Serve hot in the main course. Pineapple, peaches or banana can be prepared in the same way.

SOUFFLÉD PUMPKIN IN ORANGE SHELLS

1½ cups canned or ¼ teaspoon cloves
cooked pumpkin 1 egg
¼ teaspoon cinnamon ¼ cup milk
¼ teaspoon nutmeg 6 orange half shells

Combine pumpkin, cinnamon, nutmeg, cloves, beaten egg, and milk and mix well. Pile lightly into the orange shells and bake in a moderate oven (375° F.) until pumpkin begins to brown. This is delicious and attractive served in the main course. [Turn to page 54]

platter and garnish with radish roses. No lettuce or dressing is necessary.

Shrimp Olga

Boil and shell large shrimp (or drain liquid from canned shrimp). Chill thoroughly. Arrange in bowl with mayonnaise and lemon sections.

Swedish Meat Balls (hot)

¾ lb. veal 2 slices bread
¾ lb. lean pork 2 eggs
1 small onion Salt and pepper

Put veal, pork, onion and bread, which has first been soaked in milk, through the food chopper twice. Add unbeaten eggs and season with salt and pepper. Mix well. Shape with a teaspoon into small ovals; cook quickly in hot fat, taking care that meat does not become hard by overcooking. Serve hot with Baked Beans (omitting pork).

Swedish Apple Cake

Put dry white bread through food chopper, crust and all. To each cup of crumbs add 1½ tablespoons sugar, ¼ teaspoon cinnamon and 1 tablespoon shortening. Spread out in shallow pan and put in moderate oven (350° F.) to brown. Stir occasionally so crumbs will brown evenly.

Grease a small loaf pan and pack into it alternating layers of browned crumbs and apple sauce, having a layer of crumbs on top. Return to oven and bake until brown—about ½ hour. Turn out on serving plate; cut in squares. Serve with whipped cream.

"And here is a RUSSIAN SUPPER

Borscht (Soup)

Halibut Provençal Eggplant Salad
Hot Blinis Russian Tea

ROUND STEAK, TOMATO SAUCED. Marinate 1½ pounds round steak in 1 cup Heinz tomato juice about 3 hours. Then pour off tomato juice and save. Season ½ cup flour with salt and pepper and pound into meat. Sear steak in a skillet

November 1934 Good Housekeeping

with a small amount of fat. When well-browned, pour the tomato juice over it, cover, and bake in moderate oven (375° F.) until meat is done, adding more tomato juice, if needed, during the baking. Serve with sauce that remains in skillet.

Borscht

2½ cups shredded raw vegetables (carrots, celery and beets) 3 cups canned consommé or rich beef stock
2 cups shredded cabbage 1/3 cup tomato paste or thick tomato purée
2 or 3 onions Salt and pepper
3 cups water 2 tablespoon sugar
1 tablespoon lemon juice

Peel carrots and beets and cut in very narrow strips; shred outer stalks of celery; slice onions and cook in a little fat about 5 minutes; shred cabbage. Combine vegetables, add water and consommé, cover and cook very slowly until vegetables are tender. Do not strain. Add tomato paste, salt and pepper, sugar, lemon juice. (The sweet-sour flavor is typical of Borscht.) Serve very hot with a teaspoon of sour cream on each serving. Halibut Provençal: cold boiled halibut garnished with mayonnaise, chopped pickle, parsley and hard-cooked eggs. Eggplant Salad—Boiled eggplant is cut in small cubes, marinated in French dressing to which has been added some tomato purée and some finely chopped onion. Served on lettuce. Blinis are Russian pancakes—small, thin, made with yeast and served hot with butter, caviar and sour cream. Kissel is like our fruit cornstarch desserts, using berries in season.

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EXC. ON PROCEEDS.
NET PROCEEDS.

I

Tomato Juice
Sliced Cold Lamb and Tongue
*Potato Soufflé
Creamed Onions and Canned String Beans
Bread Butter
Shredded Lettuce Salad
Cheese French Dressing
Marble Tapioca Cream Coffee

We had planned a dinner of cold lamb, potato cakes, and creamed onions—all leftovers from the day before—with tapioca cream for dessert. But when unexpected guests arrived, we "stretched" dinner, as shown above, and added a company touch by drawing from our emergency-shelf supplies. For the Marble Tapioca Cream, add canned chocolate syrup, to taste, to half of tapioca-cream mixture after making. In serving, arrange in alternate layers.

Potato Soufflé

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

4 tbsp. minced onion Dash cayenne pepper
3 tbsp. melted butter or ¼ tsp. salt
margarine 2 eggs, separated
2 tbsp. flour 3 c. leftover seasoned
1 c. bottled milk or ½ c. mashed potatoes
evaporated milk and ½ c. water

Sauté the onion until tender in 2 tbsp. of the butter in the top of a double boiler over direct heat. Place over hot water. Add the flour, and blend. Add the milk, cayenne and salt, and stir until thickened. Beat the egg yolks; add potato, and stir in white sauce. Fold in the egg whites, beaten stiff. Place in a greased 1½-qt. baking dish; brush with 1 tbsp. butter. Bake in moderate oven of 375° F. 45 min. Serves 6. To serve 2 or 3, make half this recipe.

84

Hurry-Up Dinners

(Continued from page 87)

VII

*Hamburger Chowder
Lettuce and Olive Salad

Bread Butter
Raspberry Shortcake Coffee

Here is a dinner to serve on one of those chilly spring days. This Hamburger Chowder is another one of those one-dish main courses which combine meat, potatoes, and tomatoes all in one. And it takes only about forty-five minutes to cook. For the Raspberry Shortcake, either fresh or canned raspberries may be used. And either baker's sponge cake or a shortcake made of the packaged prepared biscuit flour may be used for the shortcake.

Hamburger Chowder

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

¾ c. sliced peeled onion 7 c. boiling water
¾ c. minced seeded green 3 c. canned tomatoes
pepper 4½ tsp. salt
4½ tsp. butter or margarine 3½ tsp. pepper
1½ lb. chopped beef 3 tsp. flour
½ c. sliced pared potatoes ¼ tsp. chili powder
½ c. cold water

Sauté the onion and the green pepper in the butter until tender. Add the beef, and cook for 10 min., stirring occasionally. Meanwhile cook the potatoes in the boiling water in a large saucepan until tender. Add the beef mixture, tomatoes, salt, and pepper, and bring to a boil. Combine the flour and chili powder, and stir to a smooth paste with the cold water. Add gradually to the chowder, stirring constantly. Heat well and serve. Serves 6. To serve 2 or 3, make half this recipe.

VIII

Sliced Bologna and Liverwurst
*Canned Spaghetti and Corn Sauté
Romaine Salad French Dressing
Hot Rhubarb Sauce Vanilla Wafers
Coffee

Have you treated your family to any of those delicious ready-to-eat sausage products which our national meat packers are now marketing? Try some with this meal! The Canned Spaghetti and Corn Sauté is made with canned spaghetti and canned corn. And we suggest rhubarb, now in season, as a dessert.

Canned Spaghetti and Corn Sauté

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

½ c. minced seeded green 2 15½-oz. cans spaghetti
pepper ½ c. grated American
4 tbsp. butter or margarine cheese
2 c. canned whole-grain corn ½ tsp. salt

Sauté the pepper in the butter in a skillet until tender. Add the corn; cook for 1 min. Add the remaining ingredients, stir, heat well. Serves 6. To serve 2 or 3, make half this recipe.

II

Canned Pineapple Juice Cocktail
Shepherd's Pie with
Baking Powder Biscuit Crust
Mustard Pickle Quince Jelly
Baking Powder Biscuits
Cabbage Pimiento Salad
*Strawberry Sponge Coffee

In our original menu, beef stew—homemade or canned—cabbage salad, plenty of bread and butter, and strawberries with cream were to be served for dinner. For unexpected guests, the stew was turned into a Shepherd's Pie with a biscuit crust made from packaged prepared biscuit mixture. The strawberries were "stretched" by making Strawberry Sponge. The emergency shelf provided canned pineapple juice to mix with orange juice for cocktail. Bottled mustard pickle and quince jelly dressed up the main course, and canned pimiento garnished the salad.

Strawberry Sponge

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

2 tsp. granulated gelatin 2 tbsp. lemon juice
¼ c. cold water 1¼ c. crushed strawberries
½ c. granulated sugar 2 egg whites

Place the gelatin and water in a double boiler and stir over boiling water until the gelatin is dissolved. Add the sugar, and continue cooking, while stirring, until the sugar is dissolved. Remove from heat; add the lemon juice and the strawberries, set in ice water, and chill for 30 min. or until the mixture begins to thicken. Fold this mixture into the egg whites beaten stiff. Pour into 6 sherbet glasses. Serves 6. To serve 2 or 3, make half this recipe.

*Recipe is given for this dish

III

Canned Onion Soup
Puffy Omelet Bacon
Buttered Asparagus Stewed Tomatoes
Bread Butter Green Olives
*Rhubarb Meringue Pie Coffee

For this dinner we had planned a puffy omelet with bacon, generous servings of buttered asparagus, bread and butter, and rhubarb meringue pie. When company came unexpectedly, our emergency shelf provided a first course of canned onion soup, stewed canned tomatoes as another vegetable, and green olives as a relish.

Rhubarb Meringue Pie

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

3 c. diced washed rhubarb 2 eggs, separated
1¼ c. granulated sugar 2 tbsp. flour
1 c. bottled milk or ½ c. ¼ tsp. salt
evaporated milk and ½ c. 1 tsp. lemon juice
water ¼ tsp. vanilla extract
Plain pastry

Cook the rhubarb and ¾ c. of the sugar until soft. Cool, then add the milk, the beaten egg yolks, the flour mixed with ¼ c. of the sugar, the salt, lemon juice, and the vanilla. Line a 9-inch pie plate with pastry having a fluted edge. Pour in the rhubarb mixture, and bake in a hot oven of 450° F. for 10 min. and then in a moderate oven of 350° F. for 30 min. Cool, and cover with a meringue made by beating the egg whites almost stiff with a hand beater or an electric beater at high speed, and then adding the remaining ¼ c. of the sugar gradually, beating constantly until stiff. Bake in slow oven of 300° F. for 30 min. Serves 6.

SHORT TURNS

BY ANN BATCHELDER

*Thanksgiving is the day for me,
From twelve o'clock to twelve o'clock;
(My, the food I lived to see!)
Next day I simply sit and rock.*

A HURRIED meal is a worried meal. Thanksgiving dinner is an unspoiled leisure.

It takes time to prepare it. The real time should be required to enjoy it.

Begin your dinner with an appetizer. And break its back in the middle with a salad. A quick-retriever salad. Sharp, green, brief. One that whistles for the appetite and gets it back.

Serve the pie with a slender silhouette. A cheese bustle will become it.

AN EDAM cheese loses no usefulness when only the shell is left. Cream some celery, fill the shell, let it stay in the oven a moment. It's just as good as it sounds.

Most stuffings include crumbs. Sauté them in butter before mixing your stuffing. All birds become better birds with this stuffing. Turkeys included.

A little onion now and then is relished by the best of stuffings. Poor stuffings don't deserve it.

Plum pudding is like a widower with four children. Improves with age.

Also, it requires steaming up to be at its best.

HOT appetizers are welcome on cold days. If you have skewers, why not use them now?

Sausages come now styled for a one-bite titbit. Two bites to a cherry is the old rule.

Smallish mushrooms, olives in bacon, segments of tomato, most any savory will do. String them on the skewers, broil, and let the guests use their appetites while the skewers sizzle.

What you serve with the above is your own lookout. But it should be cold and wet!

FRITTERS are seldom recommended in Thanksgiving menus. I value them highly. Especially pineapple.

Fruit ices are better than ice cream at the end of the big meal. Especially if plum pudding and pies are ready in the pantry.

Cut down on the sugar in frozen desserts on this occasion. Give the appetite a chance to hold its own. Thanksgiving comes but once a year!

HOLIDAY FRUITS

[Beginning on page 34]

FROZEN FRUIT SALAD

- | | |
|---|---------------------------|
| 1 cup cherries,
pitted | 1 large banana,
sliced |
| 2 cups orange sec-
tions (membrane
removed) | ½ cup heavy
cream |
| 1 cup pineapple,
cut fine | ½ cup salad
dressing |
| | Few grains salt |

Mix cherries, orange sections, pineapple and banana together. Beat cream until stiff and fold in the salad dressing. Combine with the fruit. Season with a few grains of salt. Pour into the freezing tray of a mechanical refrigerator and freeze until firm; or put in a mold and pack in equal parts of ice and coarse salt and freeze 3 to 4 hours. Cut in squares and serve on a bed of lettuce. Garnish with cherries.

PEAR AND ORANGE PIE

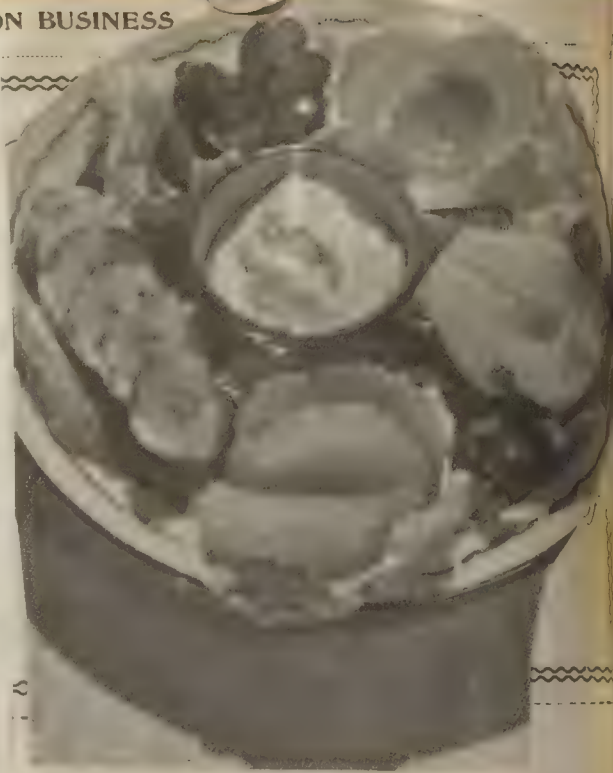
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|---------------------|----------------------------------|
| 1/3 cup sugar | 1 teaspoon grated
orange rind |
| 5 tablespoons flour | Few grains salt |
| 2 eggs | 1 teaspoon lemon
juice |
| ¾ cup milk | |
| ¾ cup orange juice | 6 pears |

Mix sugar and flour together. Add beaten egg yolks and milk gradually

and mix thoroughly. Add orange juice slowly and cook over hot water, stirring constantly until thick. Cover and cook 10 minutes. Remove from fire and add orange rind, salt, and lemon juice. Drain pears and put in individual baked tart shells. Pour over the orange sauce and cover with meringue made by folding ¼ cup sugar into the two stiffly beaten egg whites. Bake in a moderate oven (325° F.) 10 to 15 minutes or until a delicate brown.

CRYSTALLIZED GRAPEFRUIT PEEL

Select grapefruit of bright color, thick peel, and without blemishes. Wash carefully and break the oil cells by grating lightly on a fine grater. Cut the peel in small shapes or in strips about ¼ inch wide. Place in a saucepan of cold water (1 part peel to 3 parts water), boil about 10 minutes and drain off water. Repeat the process until the peel is tender and as much of the bitter flavor is removed as desired. This depends upon individual taste. Cool peel and weigh. For one pound of peel, make a syrup using 1 pound (2 cups) of sugar and 1/3 cup water. Add the fruit peel, bring to a boil and cook until the syrup is absorbed. Remove immediately from fire. Put some granulated or powdered sugar and the peel in a paper bag. Shake well. Pour from bag and separate pieces. Orange and lemon peel may be crystallized according to the above directions.



CALIFORNIA FRUIT SALAD

In the center of an individual salad plate place a small dish containing salad dressing. Arrange five cup-shaped leaves of crisp lettuce around it. In each lettuce cup place a different fruit—a pear half, a peach half, a few seeded grapes, a few slices of banana and three or four orange sections. This may be served as a combination salad-dessert.

KNOX DAINTIES

- | | |
|-------------------------------------|--|
| 4 envelopes Knox Sparkling Gelatine | |
| 1 cup cold water | 4 cups sugar |
| 1½ cups boiling water | ¼ teaspoonful salt |
| | ½ teaspoonful peppermint extract |
| | 1 teaspoonful cinnamon extract |
| | Red and Green Coloring (Liquid or Paste) |

Heat sugar, salt and boiling water to boiling point. Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot syrup and stir until dissolved. Boil SLOWLY for 15 minutes. Remove from fire and divide into two equal parts. Color one part a delicate red and flavor with cinnamon extract; color the other part a delicate green and flavor with peppermint extract. Rinse two pans (size about 8 x 4 inches) in cold water, and pour in candy mixture to the depth of about three-fourths inch and put in a cool place (not a refrigerator), allowing candy to thicken for at least twelve hours. With a wet sharp knife loosen around the edges of pan, turn out on board lightly covered with powdered sugar. Cut into cubes and roll in powdered or fine granulated sugar.

NOTE: If lemon flavor is desired, add three tablespoonfuls lemon juice and two teaspoonfuls lemon extract to one part of the candy and leave it uncolored. Any preferred flavoring or coloring may be used. This candy may be made by using 10 drops of oil of cinnamon or cloves instead of the extract. This must be stirred into the mixture thoroughly while it is hot.

It may also be made by using 1 teaspoonful ground cinnamon or cloves instead of the extract. In this case the ground spice is boiled with the sugar and water. The candy, however, is not as attractive as when made with extracts or oils. Makes about 200 pieces, weighs about 2½ lbs. and costs about 34¢.

Knox Rainbow Wafers are a delicious candy novelty. 300 pieces cost only 16¢. See the recipe in the FREE folder.



KNOX RAINBOW WAFERS

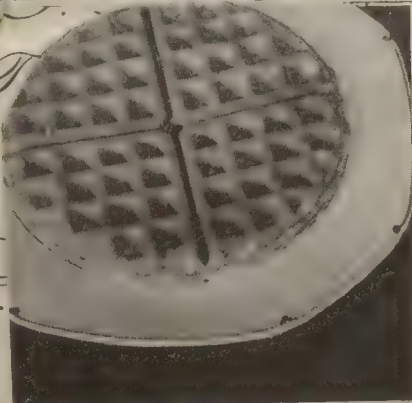
(Uses only ¼ package)

- | | |
|------------------------------------|--|
| 1 envelope Knox Sparkling Gelatine | 1 package (1 lb.) confectioners' sugar |
| 1½ tablespoonfuls cold water | Coloring (Liquid or Paste) |
| 2 tablespoonfuls boiling water | |

Flavoring (Extracts or Oils)

Pour cold water in bowl and sprinkle gelatine on top of water. Add boiling water and stir until thoroughly dissolved. Add 2 cups sugar and mix thoroughly. Put on a board dredged with sifted sugar and knead until perfectly smooth. Divide into as many parts as you wish, and to each part add the desired coloring and flavoring. Knead in these colors and flavors and enough more sugar to make the mixture stiff again. (This will use

the rest of the sugar in the package.) Roll as thin as possible and cut in rounds, about one inch in diameter. If you desire these rounds chocolate, knead in cocoa instead of part of sugar. Vanilla, peppermint, clove, cinnamon, sassafras, wintergreen, lemon or any flavor may be used.



Recipe

- | | |
|-----------------------------------|--|
| 2 Eggs | |
| 1 Cupful of milk | |
| 1¾ Cupfuls of pastry flour | |
| 3 Teaspoonfuls of baking powder | |
| 1 Tablespoonful of sugar | |
| Pinch of salt | |
| 6 Tablespoonfuls of melted butter | |

Beat the eggs until very light and add the milk. Mix and sift the dry ingredients and add to the first mixture, beating until free from lumps. Add the melted shortening, mix well and bake in a hot waffle iron, pouring the batter into the centre of the iron. These amounts will make four waffles

Pay your demand note in favor

Sell cards 43, 53, and 58 for the following currency.



It is a satisfaction to be able to ask guests to stay to dinner when you know there's just what you need on the emergency shelf

To Dinner

These Meals Show You How to Meet the Emergency Coolly

IV

Canned Grapefruit Sections
*Sardine Rarebit Buttered Canned Hominy
Canned Green Peas and Pickle Salad
Bread Butter
Spice Cake with Foamy Sauce Coffee

Try this menu the next time you want to serve a tasty emergency dinner. A well-stocked pantry shelf provides the wherewithal for much of the meal. Even the spice cake comes out of a package all ready to combine with water and bake. As for the salad, the wise housekeeper always keeps extra lettuce, cabbage, or other salad greens in her refrigerator ready for the unexpected guest. And in case you do not happen to have canned hominy on hand, serve the rarebit on toast or crackers or with buttered flaky rice.

Sardine Rarebit

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

2 tbsp. butter or margarine $\frac{1}{4}$ tsp. baking soda
2 tbsp. flour 2 eggs, slightly beaten
1 c. bottled milk or $\frac{1}{2}$ c. $\frac{1}{4}$ tsp. salt
evaporated milk and $\frac{1}{4}$ c. $\frac{1}{4}$ tsp. dry or prepared
water mustard
1 c. canned tomato sauce or Spk. cayenne
canned condensed tomato $\frac{1}{2}$ lb. American cheese,
soup grated (2 c.)
2 8-oz. cans boneless sardines

Melt the butter in a double boiler. Add the flour, stir until smooth; then add the milk gradually, while stirring. When thickened, add the tomato sauce and soda; then pour a little of this mixture over the beaten eggs, salt, mustard, and cayenne. Return to double boiler, and fold in the grated cheese and the sardines, and continue cooking until the cheese is melted, stirring frequently. Serves 6. To serve 2 or 3, make half this recipe.

V

Creamed Canned Chicken and Mushrooms
Baked Potatoes Canned Cranberry Sauce
Buttered Canned Whole-Grain Corn
Lettuce Salad
*Canned Cherry Cobbler
Coffee

No need for a hurry-up trip to market when you can concoct this delicious dinner for the most part from among the good things on your pantry shelf. And if you do not have on hand enough potatoes for baking, serve buttered rice instead. In case you have no canned mushrooms for the chicken dish, substitute an equal amount of sliced stoned ripe olives. We promise that you will like their taste. A tart jelly sauce, as blackberry, currant, or quince, may replace the cranberry sauce.

Canned Cherry Cobbler

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

1 No. 2 can pitted cherries $1\frac{1}{2}$ c. packaged prepared
in syrup biscuit mixture
2 $\frac{1}{2}$ sp. flour $1\frac{1}{2}$ tbsp. granulated sugar
 $\frac{1}{2}$ c. granulated sugar $\frac{1}{2}$ c. top milk or evaporated
milk

Drain the juice from the cherries, and mix until smooth with the flour and $\frac{1}{4}$ c. sugar, combined. Place the cherries and the juice mixture in a baking pan about $10\frac{1}{2}'' \times 6\frac{1}{2}''$. Mix the biscuit flour and $1\frac{1}{2}$ tbsp. sugar with enough of the milk to make a soft dough. Roll the dough to $\frac{1}{4}''$ thickness, and arrange on top of the cherries, making a fluted edge. Bake in a hot oven of 400° F. for 30 min. or until well browned. Serve plain or with hard sauce or cream. Serves 6 to 8.

*Recipe is given for this dish

VI

*Cream Canned Salmon and Pea Soup
Crackers
Lettuce and Diced Cheese Salad
French Dressing
Canned Peaches Coffee Cup Cakes

In this last-minute dinner we have used one of those popular one-dish main courses—this time a deliciously unusual soup in which canned salmon and two vegetables are combined. The cup cakes take just a few minutes to mix and bake, if you use a packaged, prepared cup-cake mixture. And if your prefer, you can make them with chocolate flavor or with spice.

Cream Canned Salmon and Pea Soup

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

$\frac{1}{2}$ c. minced onion 1 No. 2 can peas, drained
2 tbsp. butter or margarine ($2\frac{1}{2}$ c.)
2 tbsp. quick-cooking $1\frac{1}{4}$ tsp. salt
tapioca $\frac{1}{2}$ tsp. pepper
1 No. 2 can tomatoes 1 tsp. granulated sugar
($2\frac{1}{2}$ c.) 3 c. bottled milk or $1\frac{1}{2}$ c.
 $\frac{1}{2}$ tsp. baking soda evaporated milk and $1\frac{1}{2}$
1 No. 2 can red salmon c. water

Sauté the onion until tender in the butter in the top of a double boiler. Add the tapioca, tomatoes, and soda, and cook over boiling water until the tapioca is transparent. Add the peas, salt, pepper, and sugar. Meanwhile scald the milk, and add the tomato mixture very slowly, stirring constantly. Add the salmon, from which the larger bones and skin have been removed. Heat and serve. This will serve 6. To serve 2 or 3, make half of recipe. (Continued on page 220; also please turn to page 86)

PRODUCE AND PROVISION BUSINESS APPETIZING APPETIZERS

R. S.
B. C.

Pay

No.

Sell ca) SARDINE FINGERS

AY FEEL EXPANSIVE



PHOTOGRAPHS BY STEINER

THIS PAGE IS A READY REFERENCE FOR IDEAS AS INTRIGUING AS "ANGELS ON HORSEBACK." WE SUGGEST KEEPING IT HANDY

pimiento or a little mound of hard-cooked-egg yolk sifted. Or force the creamed fish paste through a pastry tube in the form of a rosette on each canapé and garnish with the materials suggested.

HORS D'ŒUVRES ALLEMANDES. Cook Frankfurter sausages for five minutes in boiling water to which enough sharp vinegar has been added to make it slightly acid. Drain, peel, cool and cut into inch sections; marinate these in French dressing for an hour, then roll in finely minced parsley; cut small peeled tomatoes in thin slices; on these place slices of hard-cooked egg, then stand the sausage sections upright on the egg slices. Top each with a disk of pimiento.

SARDINE FINGERS. Cut slices of bread into fingers and toast or sauté in butter to a delicate brown. Drain the oil from skinless and boneless sardines and pour over them the juice of half a lemon. Let them stand a few moments, then lift them carefully to the toast fingers. Garnish with sliced stuffed olives and delicate shreds of green pepper.

SMOKED SALMON POINTS. Cut whole-wheat or rye bread in very thin slices, then into triangles. Butter carefully and on each lay a waferlike slice of smoked salmon. Add the yolks of hard-cooked eggs to a cupful of stiff mayonnaise and incorporate well, stirring in a few drops of tarragon vinegar or lemon juice, also two or three grains of Cayenne. Turn the sauce into a pastry bag with a ribbon tube and flute a border all around the fish. Chop the whites of the eggs fine, mix with a little finely chopped pickle

and enough paprika to color slightly, and sprinkle over the salmon.

SAUSAGE BALL. Cook tiny cocktail sausages to a rich brown, impale each on little hors d'œuvre sticks and force these into a bright red apple until it bristles.

ANGELS ON HORSEBACK. Shrimps, cleaned and marinated for a time in French dressing, are placed on the hors-d'œuvre sticks and arranged in a large pale yellow grapefruit.

BEEF BOMBS. Cut thinly sliced dried beef in neat rectangles about two by four inches. Spread thinly with cream cheese blended with chili sauce, then roll neatly and place close together for an hour's chilling.

CAVIAR BASKETS. For table service. Hard cook eggs, peel, chill; cut a slice from the large end so the baskets will stand, then cut away part of the white, leaving a handle. Remove the yolks, mash to a paste and mix with enough highly seasoned mayonnaise to flavor and moisten well. Season red caviar with a few drops of onion and lemon juice and add the removed portion of the egg whites, finely chopped. Fill the baskets and top with the mayonnaise mixture, piping it with a rose or star tube. Dot the center of the rosette with a fleck of pimiento. Serve on circles of water cress, accompanied by forks.

PIGS AND PEARLS. For table service. Slice bacon very thin; halve the slices crosswise and place a small oyster lightly sprinkled with pepper, Worcestershire sauce,

(Continued on Page 60)

M. E. Purcell pays his note by giving you the following check.

Appetizing Appetizers

(Continued from Page 32)

lemon juice and paprika on each; roll up, fasten with toothpicks and broil or toast in a hot oven until the bacon crisps nicely. Serve piping hot on fingers of hot toast or sautéed bread. Garnish with red-cabbage slaw in tiny inside leaves of lettuce.

DEVILED CHICKEN LIVERS. Halve the livers and brush with mustard, sprinkle with salt and paprika. Wrap in bacon slices and broil or toast in a hot oven. Serve with gherkin pickles sliced thinly almost to the end, then spread out in fan shape.

CHEESE DREAMS. Cut circles of white bread an inch and a half in diameter. Spread thickly with Welsh-rabbit mixture; top with a disk of bacon and bake in a hot oven five to seven minutes. Garnish with a circle of capers around the base and a slice of stuffed olive on top.

SHRIMP CUPS. *For table service.* Should be chilled several hours before serving. Hard cook eggs; peel and cut crosswise; cut a slice from the end of each half and remove the yolks. Mash these well and mix to a paste with highly seasoned mayonnaise. Clean and break canned or cooked shrimps into small pieces and marinate in lemon juice and tarragon vinegar for half an hour. Drain and mix with a portion of the mayonnaise. Tint the remainder of the dressing a bright red with vegetable coloring and pipe in a rosette on each cup. Serve on thin slices of pickled beets cut with a small scalloped cookie cutter.

CAVIAR TARTLETS. *For table service.* Cut rounds of white bread one and a half inches in diameter; toast and spread with butter creamed with a teaspoonful of lemon juice. Arrange rings of mild white onions of the same circumference as the toast on the canapés to form a wall; wafer-thin slices of cucumber marinated in French dressing are then laid inside the onion ring, and caviar seasoned with a few drops of onion and lemon juice is placed on the cucumber. Garnish with hard-cooked-egg yolk pressed through a sieve, with disks of pimienta and a caper on each in the center.

BOUCHÉES INDIENNE. Make a cream-puff mixture and drop in tiny balls on a well-greased baking sheet; bake slowly till crisp and well done in the centers, then cut a slit in the side of each. Mix potted tongue, chicken or ham with enough Indian chutney to moisten well; fill the puffs, which should be no larger than a quarter; brush over with a little beaten egg and return to the fire for a moment or two to glaze. These puffs may also be filled with a cold-meat mixture, ham or chicken or tongue, chopped and mixed with shredded celery and highly seasoned mayonnaise and served cold.

AVOCADO TOAST. Select a very ripe avocado; scoop out the pulp and mash it well, adding salt, paprika and lemon juice to season well. Spread thickly on squares or strips of toast; arrange squares or strips of bacon on each and place in the broiler until the bacon crisps nicely.

HAM PUFFS. Roll puff or very flaky pastry thin and cut into rectangles or two-inch squares. Place a spoonful of minced ham, moistened well with highly seasoned rich white sauce to which a suspicion of nutmeg has been added, on center of each. The corners are folded over toward the center, pressed a bit, and puffs are brushed with egg yolks beaten with a little milk and baked a delicate brown.

ITALIAN TOAST. Cut circles of bread which has been sliced very thin; put together sandwich fashion with a thin layer of potted meat, ham, chicken or tongue. Press lightly, then dip in a batter made of one tablespoonful of flour, one beaten egg and a quarter of a cupful of milk; fry in deep fat; drain on paper and serve with a garnish of deviled almonds.

RUSSIAN TOWERS. Cut very thin circles of rye bread one and a half to two inches in diameter; spread with creamed butter, then with caviar seasoned with onion juice. Top the caviar with smaller circle of buttered rye bread and spread with hard-cooked-egg yolk blended with Russian salad dressing. Add a still smaller bread disk spread with potted or deviled ham and on this place a rolled fillet of anchovy surmounted by a tiny pearl onion. Cream cheese blended to a paste with cream and chili sauce is piped in a fluted border round each circle of bread and the tower is served on a lace-paper napkin.

BY CAROLINE B. KING

PEANUT AND BACON BOUCHÉES, served piping hot, are irresistible. Use the smallest, thinnest, flakiest round crackers; spread them thickly with peanut butter; top each with an infinitesimal square of bacon and set on the top shelf of a fairly hot oven—say, 375° to 400° F.—or tuck them into the broiler. When the bacon crisps remove the bouchées to a serving plate and garnish with ripe and stuffed olives.

ROLLED FILLETS OF ANCHOVIES. Open a can of anchovies, drain them well, squeeze a little lemon juice over them and place on one-and-a-half-inch squares of toasted or fried bread, or on small toasted crackers. A tiny pickled onion no larger than a pea may be placed on each curled anchovy.

BLOATER, SARDELLEN, LOBSTER PASTES. Combine equal quantities of the paste and butter; cream well; spread on crackers, tiny rounds of toast or fried bread and dot each with a caper, a slice of pickle, a disk of



Sponge Loaf

- 4 Eggs
- ½ Cupful of sugar
- ¼ Teaspoonful of salt
- 2 Tablespoonfuls of melted butter
- Juice of one-half lemon
- Grated rind of one-half lemon
- 1 Cupful of sifted pastry or cake flour
- ½ Cupful of sugar

Put the eggs, the half cupful of sugar and the salt in a bowl and place the bowl over boiling water, not allowing the water to reach the bowl. Beat with a Dover egg beater for about five minutes or until the mixture becomes thick and light colored. Remove from the hot water and continue beating until the mixture is cool. Fold in the butter, the lemon juice and rind and gently fold in the flour, which has been measured and sifted two or three times with the remaining half cupful of sugar. Turn into an ungreased loaf pan and bake in a slow oven—325 degrees Fahr.—for forty-five to fifty-five minutes. Invert on a cake rack to cool. Serve plain or dusted with powdered sugar if desired.

Sunshine Cake

- 1 Cupful of egg whites (about eight eggs)
- ¼ Teaspoonful of salt
- 1 Teaspoonful of cream of tartar
- 1½ Cupfuls of fine granulated sugar
- ½ Cupful of egg yolks (about six eggs)
- Grated rind of one-half orange
- 1¼ Cupfuls of sifted cake flour

Beat the egg whites with the salt until foamy, add the cream of tartar and continue beating until stiff. Fold in the sugar a little at a time. Beat the egg yolks until thick and light colored, fold about one-third of the egg white mixture into them and when blended, fold this mixture into the remaining egg white mixture. Add the grated orange rind and carefully fold in the flour which has been measured and sifted two or three times. Turn into an ungreased tube pan and bake in a slow oven—325 degrees Fahr.—for about one hour or until done.

This makes a large cake; use a pan about nine to ten inches in diameter.

SPAGHETTI-CLAM CASSEROLE: Combine one can spaghetti with tomato sauce and 1 can clam chowder. Add ¼ teaspoon curry powder and 2 tablespoons butter. Pour in a baking dish, sprinkle with crumbs and bake till browned, in a hot oven (425° F.).

MINCEMEAT-APRICOT PIE: One 9-ounce package mincemeat, 1 cup apricot juice, 3 tablespoons sugar, 1 cup drained apricots (dried or canned), pie crust. Break mincemeat into pieces. Add the apricot juice, and sugar. Place over heat and stir till all lumps are thoroughly broken up. Bring to brisk boil; continue boiling for 1 minute. Allow to cool. Line a 9-inch pie plate with pastry and fill with mincemeat mixture. Place chopped drained apricots evenly over top. Place an upper crust on filled lower one and press edges firmly together. Trim off surplus pastry. Bake 35 minutes in a hot oven (400° F.). Note: 1 cup apricots is sufficient for this recipe; however 2 cups may be used for a large pie. Increase apricot juice if too dry.

COFFEE-MARSHMALLOW CUSTARD: Two cups cold milk, 4 tablespoons ground coffee (cafein-free coffee may be used if liked), 3 eggs, 2 tablespoons sugar, ¼ teaspoon salt and ¼ teaspoon vanilla. Bring the milk and coffee to a boil. Strain. Beat the eggs slightly. Combine sugar, salt, vanilla and milk. Strain into buttered individual custard cups and top each one with a marshmallow. Bake till firm (about 30 minutes) in a slow oven (325° F.).

BANANA-CRANBERRY UPSIDE-DOWN CAKE: Melt one to 1½ cups brown sugar with a tablespoon of shortening in a heavy frying pan. Remove from fire. Place 3 bananas split lengthwise on the sugar and fill the interstices with cranberries. Pour over the following cake batter: Cream ¼ cup shortening with ½ cup sugar, add 2 eggs, beating continuously. Sift together 1 cup flour, 1 teaspoon baking powder and ½ teaspoon salt. Add alternately with ¼ cup evaporated milk. Add ½ teaspoon vanilla. Cover the fruit with cake batter, bake till well browned, about 20 minutes, in a moderate oven (375° F.). Invert on a large plate and serve hot. Double batter recipe for a thicker cake.

CORNEBEEF HASH IN CABBAGE: One can corned beef hash, 1 head of cabbage. Remove the outer large leaves from the cabbage and stand in hot water for several minutes till the leaves are pliable. Place in the center of each leaf 2 table-spoons of corned beef hash. Roll and hold the rolls together with toothpicks. Fry in shortening and serve with chili sauce.

PEACH PAN DOWDY: One-half pound dried peaches, ½ cup molasses, 2 table-spoons shortening. After soaking the peaches in cold water for 2 hours or more, put them in a deep baking dish; add shortening. Measure the water in which the peaches soaked and add water to make a cup of liquid; mix with molasses and cover the peaches. Bake 20 minutes at 400° F. Cover the top with a very thin layer of biscuit dough. Bake 10 minutes more.

MAGNOLIA PRUNE CAKE: Pit two cups of cooked prunes, cut in small pieces, and use for a filling between the cooled layers of the following cake: Cream ¾ cup shortening with 1¼ cups granulated sugar, add ¼ cup molasses, then add 3 eggs, one at a time, beating between each addition. Sift 2¾ cups flour with 4 teaspoons baking powder, ½ teaspoon salt, ½ teaspoon soda and 1 teaspoon mace. Add the sifted flour and ¾ cup diluted evaporated milk alternately. (Always begin and end with part of the flour.) Add 1 teaspoon lemon extract. Pour in layer cake pans and bake 25 minutes in a moderate oven (375° F.). When cool, spread the prunes between the cake layers, frost with orange frosting and sprinkle generously with toasted coconut.

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HOT-JUICE COCKTAIL: Pour into a glass 1/2 cup of crushed ice, 1/2

Favorite Plain Layer Cake (illustrated)

- 2/3 Cupful of shortening
- 1 Cupful of fine granulated sugar
- 3 Eggs
- 1/3 Cupful of milk
- 2 Cupfuls of sifted pastry or cake flour
- 3 Teaspoonfuls of baking powder
- 3/4 Teaspoonful of salt (less, if butter is the shortening)
- 1 Teaspoonful of vanilla

Cream the shortening thoroughly, add the sugar gradually and continue creaming until the mixture is very light and fluffy. Separate the egg yolks and whites and add the well-beaten yolks to the creamed mixture. Beat thoroughly. Measure the sifted flour and sift two or three times with the baking powder and salt. Add alternately with the milk to the first mixture, beating until smooth after each addition. Add the vanilla and lastly fold in the egg whites, beaten until stiff but not dry. Turn into two nine-inch, greased layer cake tins and bake in a moderate oven—375 degrees Fahr.—for about thirty minutes. Cool on a cake rack and put the layers together with any desired filling. Frost the top and sides with boiled or butter frosting.

Orange Layer Cake

- 1/2 Cupful of shortening
- 1 Cupful of fine granulated sugar
- 2 Eggs
- 1/2 Cupful of orange juice
- 2 2/3 Tablespoonfuls of water
- 2 Cupfuls of sifted pastry or cake flour
- 2 Teaspoonfuls of baking powder
- 2/3 Teaspoonful of salt

Cream the shortening thoroughly, add the sugar gradually and continue creaming until the mixture is very light and fluffy. Add the beaten egg yolks and beat well. Combine the orange juice and water. Measure the sifted flour and sift again two or three times with the baking powder and salt. Add alternately with the liquid to the first mixture. Beat thoroughly and fold in the egg whites which have been beaten until stiff it not dry. Turn into two greased layer cake tins and bake in a moderate oven—375 degrees Fahr.—for about thirty minutes. Cool and put together with orange frosting. Cover the top and sides with the same mixture.

Orange Frosting

- 1 Egg
- Juice of one-half orange

- Grated rind of one-half orange
- 4 Cupfuls of sifted icing sugar

Beat the egg and add the orange juice and rind. Add sifted icing sugar until the mixture is the right consistency for spreading. Beat until smooth and light.

Parisian Chocolate Cake Chocolate Mixture

- 2 Squares of unsweetened chocolate (grated)
- 1/2 Cupful of cocoa
- 1/2 Cupful of sugar
- 2 Egg yolks
- 3/8 Cupful of milk

Combine the chocolate, cocoa and sugar. Beat the egg yolks, add the milk and mix with the dry ingredients. Cook over hot water, stirring constantly until the mixture thickens. Take out one cupful of the mixture and allow it to cool. To the remainder add one tablespoonful of flour mixed with three tablespoonfuls of sugar. Cook, stirring constantly until thick and smooth and set aside to cool for the filling.

Cake Mixture

- 5/8 Cupful of shortening
- 1 1/4 Cupfuls of brown sugar
- 2 Eggs
- 1 Cupful of chocolate mixture
- 1 3/4 Cupfuls of sifted pastry or cake flour
- 1 Teaspoonful of baking powder
- 1/2 Teaspoonful of salt
- 1/2 Teaspoonful of baking soda
- 3/4 Cupful of boiling water

Cream the shortening thoroughly, add the sugar gradually and continue creaming until the mixture is light and fluffy. Add the well-beaten eggs and beat well. Add the cooled chocolate mixture and blend thoroughly. Measure the sifted flour and sift again two or three times with the baking powder, salt and soda. Add alternately with the boiling water to the first mixture. Pour into two greased layer cake tins and bake at once in a moderate oven—350 degrees Fahr.—for thirty to thirty-five minutes. Cool, and put the layers together with the chocolate filling. Frost the top and sides with boiled frosting to which the following chocolate syrup is added:

- 2 Squares of melted chocolate
- 1/3 Cupful of sugar
- 1/8 Cupful of water
- 1/8 Teaspoonful of salt

Boil the sugar and water together for four minutes, add all but about one tablespoonful of the melted chocolate and add the salt. When cool combine with a boiled icing and spread over the top and sides of the cake. Decorate the top with the tablespoonful of melted chocolate reserved for the purpose, swirling it on with a spatula.

Rich Spice Cake

- 1 Cupful of shortening
- 2 Cupfuls of brown sugar
- 2 Eggs
- 1 Cupful of cold, strong coffee
- 3 Cupfuls of sifted pastry or cake flour
- 1 Teaspoonful of baking powder
- 3/4 Teaspoonful of baking soda
- 1 Teaspoonful each of ground cloves, cinnamon and nutmeg
- 1 Cupful of raisins

Cream the shortening thoroughly, add the brown sugar gradually and continue creaming until the mixture is light and fluffy. Add the beaten eggs and beat well. Measure the sifted flour, dredge the raisins with a little of it and sift the remainder two or three times with the baking powder, soda and spices. Add these dry ingredients alternately with the coffee to the first mixture. Combine thoroughly, stir in the floured raisins and turn into a greased cake pan. Bake in a moderate oven—350 degrees Fahr.—for forty-five to fifty-five minutes. When cool, cover the top thickly with Mocha icing made as follows:

- 1 1/2 Tablespoonfuls of butter
- 1/2 Teaspoonful of cocoa
- 1/2 Cupful of icing sugar
- 2 1/2 Tablespoonfuls of strong coffee
- 1 Tablespoonful of thick cream
- About one cupful more of sifted icing sugar
- 1/2 Teaspoonful of vanilla

Cream the butter, blend in the cocoa and the half-cupful of icing sugar. When thick and blended, add the coffee and cream alternately with sifted icing sugar until the mixture is of spreading consistency. Add the vanilla and spread on the cake.

Peanut Caramel Cake Caramel Syrup

- 1 Cupful of granulated sugar
- 6 Tablespoonfuls of boiling water

Put the sugar in a heavy pan and stir over low heat until the sugar melts and becomes nicely browned. Add the boiling water carefully and cook until all lumps are dissolved and the mixture is a heavy syrup. Cool.

Cake

- 1/2 Cupful of shortening
- 1 1/2 Cupfuls of fine granulated sugar
- 3 Eggs
- 2 Cupfuls of sifted pastry or cake flour
- 3 Teaspoonfuls of baking powder
- 1 Teaspoonful of salt
- 4 Tablespoonfuls of caramel syrup
- 3/4 Cupful of cold water

Cream the shortening thoroughly, add the sugar gradually and continue creaming until the mixture is light and fluffy. Separate the egg yolks and whites, beat the yolks until thick and light colored and add to the creamed mixture. Beat well. Measure the sifted flour and sift again two or three times with the baking powder and salt. Combine the caramel syrup and the cold water and add alternately with the dry ingredients to the first mixture. Beat until smooth and fold in the egg whites beaten until stiff but not dry. Turn into two greased layer cake tins and bake in a moderate oven—350 degrees Fahr.—for about thirty minutes. Cool and cover each layer with boiled icing. Before the icing sets, decorate each layer with swirls of peanut butter syrup. Put the layers together and ice the sides. Decorate the sides with swirls of the peanut butter syrup.

Peanut Butter Syrup

- 2/3 Cupful of sugar
- 2/3 Cupful of water
- 6 Tablespoonfuls of peanut butter

Boil the sugar and water together for four minutes, remove from the heat and beat in the peanut butter, blending completely. Allow to become almost cool and thickened before swirling as directed.

One-Egg Crumb Cake

- 1/2 Cupful of butter
- 1 1/2 Cupfuls of sifted brown sugar
- 2 1/2 Cupfuls of sifted pastry or cake flour
- 1/2 Teaspoonful of salt
- 1/2 Teaspoonful of soda
- 1 Egg
- 3/4 Cupful of thick sour milk
- 1 Cupful of seedless raisins (put through the mincer)
- 2 Tablespoonfuls of granulated sugar
- 1/8 Teaspoonful of cinnamon

Cream the butter thoroughly, add the sugar gradually and continue creaming until the mixture is light and fluffy. Measure the sifted flour and sift again two or three times with the salt and soda. Work this mixture into the creamed butter and sugar to form a crumbly mass. Take out three-quarters of a cupful of this mixture and to the remainder add the egg which has been well beaten and mixed with the sour milk. Mix thoroughly and add the ground raisins. Beat well and turn into a greased cake pan. Sprinkle the three-quarters of a cupful of butter, sugar and flour mixture over the batter and on top of this sprinkle the sugar and cinnamon which have been mixed. Bake for twenty-five to thirty-five minutes in a moderate oven—350 degrees Fahr.

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Left—Produce conduct of a most dining type and present a real challenge to parents. It is the relatively mild ailments and the period of convalescence following severe illness or

If you fancy a relatively mild ailments and the period of convalescence following severe illness or in the names of d canapés. The foreign word is rapidly becoming domesticated in English, and for convenience is now used instead of the longer word "appetizers" on most Canadian menus. So, "canapés" it shall be.

SERVED ON BREAD

The invariable mark of a true "canape" is that it is served on bread. The bread may be cut in fancy shapes, or left plain, and it is browned on one side only. At least, the smartest service is to present them on bread with just one side browned.

There is a small ritual already developed for the service of canapés. The subtle touch in serving them at a formal dinner, is to arrange them on individual small plates, in an artistic grouping, and place one plate at each cover, so that when the guests are seated the appeal to appetite has already begun through the eye even before the lips have sampled the stimulating taste. Canapés are eaten with a small fork, usually a breakfast fork, which should be placed at the extreme left of the service plate. If served with cocktails they should be of a kind that may be eaten from the fingers.

On less formal occasions, canapés may be served from a platter in which case they are transferred onto small plate which in turn is placed on a larger one, both plates already in position at each cover. They gain in attractiveness, however, by being already arranged at each place as the guests are seated. They are both decorative and appetizing, and their decorative value might just as well be utilized.

There are scores of attractive, interesting and appetizing canapés, and an ingenious cook should have little difficulty thinking up new ones to add to the list already available. Those described in the following recipes are examples both of how delicious these snacks can be, and what opportunities the hostess with a lively imagination and an interest in cooking may devise to please both the eye and the palate of her guests.

CREAM OF CHEESE WAFERS

Cut long narrow strips of bread, and brown one side in oven. Meanwhile cream together one package cream cheese and 2 tablespoons butter. Spread this mixture onto the toasted side, sprinkle with finely chopped onion and top with anchovies. Makes 12.

CAVIAR STICKS

Cut thin slices of graham or whole wheat bread into oblongs one and one-half inches wide and three inches long. Saute in a small amount of fat until golden brown on one side only. Spread the untoasted side with caviar and over the caviar place diagonally across the centre a small mound of chopped pickle. At one end arrange finely chopped egg white and at the other end finely chopped egg yolk. Where the egg white and egg

yolk join the pickle, lay diagonally two fine strips of green pepper.

SHRIMP CANAPES

Chop 12 large shrimps fine and add 1 teaspoon lemon juice, ½ teaspoon tabasco sauce and few grains of pepper and salt if necessary. Spread on oblong or round pieces of toast ¼ inch thick and garnish with sliced pickled walnuts. Makes 8 canapés.

CANAPES MARANATES

Cut rounds of bread ¼ inch thick and saute in hot fat until brown on one side. Spread the untoasted side of each round with chopped crisp bacon mixed with mayonnaise. On top of the bacon lay thin slices of tomato which have been marinated in French dressing. Garnish with stuffed olives and serve each one on a bed of watercress.

SMOKED SALMON CANAPE

Spread rounds of bread sauted on one side with anchovy butter. Place thin pieces of smoked salmon in centre. Make border of chopped, hard-cooked egg with parsley and a bit of mayonnaise.

DEVILLED HAM AND OLIVES

Cream devilled ham with half its amount of butter and spread on oblongs of toasted bread. Slice stuffed olives in thin slices and arrange around the edge of the toast close together. Fill centres with finely chopped nuts.

EGG CANAPES

Remove the yolks from the halves of hard-boiled eggs, fill the space with pimento cheese. Crush the yolks with a silver fork and mix with enough mayonnaise to form a spread. Spread this on thin oblongs of toast and place two cheese-filled halves of eggs on each slice. Garnish with a sprig of parsley and serve as an appetizer at the table.

SALMON APPETIZERS.

When making appetizers for a number of people this will be found practical as it makes a larger quantity than the usual foundations for canapés. One can salmon, one-quarter cup mayonnaise, two tablespoons minced pimento, two tablespoons minced green pepper, one tablespoon minced parsley, two tablespoons finely chopped sweet pickles. Remove bones and skin from salmon and mash with a fork. Blend in mayonnaise, then remaining ingredients until smooth, adding more dressing if necessary for spreading. Spread on slices of toast and in the centre of each canape place either a whole anchovy or several slices of stuffed olives, arranged attractively.

CUCUMBER CANAPES

A nice start for the spring dinner. Toast small rounds of bread, spread with a paste of butter and anchovy paste. Add a thin slice of cucumber and garnish with a dab of tartar sauce.

SARDINE CANAPES.

Three large sardines, 6 tablespoons cream cheese, 4 tablespoons seedless raisins, 4 tablespoons minced celery, ¼ teaspoon salt, dash paprika, ½ cup mayonnaise, 2 tablespoons chopped sweet pickle, 1 tablespoon lemon juice.

Wash raisins in hot water. Drain.

Chop. Blend cream cheese with raisins, celery, salt, 1 teaspoon lemon juice and 4 tablespoons mayonnaise. Mix remaining mayonnaise with chopped sweet pickles. Cut sardines in halves, remove bones and sprinkle with remaining lemon juice. Place on a finger of toast and spread with sardine mixture over sardines. Mayonnaise pickle mixture with paprika.

* * *

Whole sardines spread lengthwise on fingers of toast and whole anchovies are always welcome as are thin slices of bologna or similar spiced meat. Sometimes a tablespoonful of shredded "cole-slaw," a slice of tomato or a stalk of celery stuffed with creamed cheese is added to the plate of hors d'oeuvres and an inexpensive addition calls for bloater paste, a substitute for the more costly anchovy paste. Spread toast with bloater paste, add a slice of tomato and sprinkle with grated

Life to the well child is a game of chance. If he has not had the misfortune of being brought up with an exaggerated sense of his own importance, he soon learns that

THE TOP OF TOMATO SOUP

Add one of these: salted whipped cream, chopped mushrooms, fried mushrooms, chopped parsley, chopped olives buttered bread dice browned, shreds of green pepper, string beans, peas, rings of cooked macaroni.

5 BROILED Fish Gar-nishes: Spread fish with butter, sprinkle with chopped parsley or chopped red or green pepper. Garnish with overlapping peeled lemon slices on each of which place tiny circle of pimiento. Put spray of parsley or lettuce leaf containing tartar sauce on each side of fish.

4 DRINK YOUR BANANAS

Rub a ripe banana through coarse sieve. Add 1 cup milk, 1/4 teaspoon vanilla, few grains salt. Beat hard with eggbeater until smooth, pour into glass. With electric beater the banana need not be sieved.

3 ROLL baking powder biscuit mixture thin, spread with honey, sprinkle with cinnamon, 1/4 cup butter, 1/4 cup honey, 1/2 cup sugar, 1/2 teaspoon cinnamon. Cut biscuits in 1/2 inch slices and put cut side down on honey. Bake for 25 to 35 minutes in a hot oven, 425° F.

2 PEAR PINEAPPLE MARMALADE

Pass with hot buttered toast. Chop 1 pound firm pears, 1/2 lemon, 1/2 cup pineapple. Add 1/2 cup pine-apple sirup, cook 20 minutes. Add 1 1/2 cups sugar, 6-ounce jar tiny grapes. Cook to jelly test, 220° F.

1 WITH orange juice, for variety combine lemon juice, grape juice, lime juice, prune juice, grapefruit juice, pine apple juice or bit of sirup from any canned fruit. Or put a red cherry on edge of glass; add sprig of mint; sweeten slightly with honey; use different shape or color of glass for it.

13 IT'S not plain bread and butter when you cut bread in 1/4 inch slices, then 1/4 inch strips, spread with creamed butter, roll in chopped nuts and chill. Or mix with butter, before spreading, equal amount cumin seeds boiled 2 minutes and chopped fine, or grated yellow orange rind.

12 WITH PANFRIED FISH

Choose one of these: Diced fried salt pork; blanched almonds shredded, fried brown; grated cucumbers seasoned with salt, pepper, vinegar; mayonnaise mixed with pickle relish on crisp heart leaves of lettuce.

11 FROST a plain cake this way: In top of double boiler put 3/4 cup sugar, 1 egg white, 1/4 teaspoon cream of tartar, 2 table-spoons maraschino cherry sirup. Stir until sugar is dissolved, beat with egg beater over hot water until frosting stands in peaks. Spread, add cherry garnish.

10 GARNISH THE HASH

Slices of tomato on leaves of lettuce give a party look to hash on a platter. A hot or cold meat sandwich, chopped meat on toast or any kind of made over meat or fish dish, such as croquettes or cutlets.

9 RAW Vegetable Salad: Select colorful combination to serve on lettuce with French dressing; shredded chopped raw beet, carrot, cabbage, yellow turnip, string beans, young spinach, radishes, peas, cucumber, celery, onion, Brussels sprouts, pepper or cauliflower flowerets.

8 "FRENCH FRIEDS"

Cut potato strips in dice, fry in deep fat, 370° F. Just before serving brown in 395° F., drain, mix with 3 tablespoons pimiento, 1 slice onion, both chopped fine, cooked 3 minutes in butter. Serve piping hot.

7 YORKSHIRE Pud-ding: Forty minutes before roast beef will be done put a spoonful of the hot beef fat in cake pan, pour in popover mixture, put in oven with beef and bake until well puffed. Baste with hot beef fat, finish baking, cut in squares, serve on the same platter with the beef.

20 SPINACH with MAYONNAISE

Serve spinach with equal parts hot white sauce and mayonnaise heated in top of double boiler. Sprinkle with paprika. If preferred use Hollandaise or cheese sauce, or pink sauce, white sauce with paprika).

19 SPRINKLE nut crunch broken in small bits on ice cream, custard, cookies or frosted cake. Melt over low heat 1/2 cup sugar, add 1 tablespoon butter, few grains salt, stir until butter is taken up, add 1/2 cup chopped nuts. Spread thin on oiled tin sheet. Good eaten as candy of course.

18 GLORIFIED HADDOCK

Steam haddock fillets, slide onto platter, cover with drawn butter sauce, arrange on top, hard-cooked egg slices with dash paprika in centers, parsley, pickles cut in fashion at opposite corners.

17 MIX 1/2 cup cooked macaroni with 1/2 cup grated cheese, 3/4 cup tomato, 1/2 cup soft bread crumbs, salt, pepper, paprika, 1/4 teaspoon table sauce. Pack into green peppers, bake 30 to 40 minutes at 350° F., surrounded with tomato soup diluted with equal amount hot water. A meal in itself.

16 CHEF'S SALAD

Tomato, endive, cucumber, lettuce, watercress, hard cooked egg whites cut up. Dressing: 2/3 vinegar to 1/4 olive oil, 1/2 teaspoon French mustard, grated onion, chopped anchovies. Add grated yolks.

15 MAPLE sauce makes an event of any simple pudding. Thoroughly blend 1 1/2 cups (1 can) sweetened condensed milk, 1/3 cup maple sirup and few grains salt in heavy saucepan. Cook over low heat until mixture thickens, stirring constantly. Cool. Add 1 cup water and beat well.

14 SAUCE FOR THE CHICKEN

Brown chicken pieces in salad oil with chopped onions. Add 1 cup ripe olives stoned, 1/2 pimiento shredded, 1 tablespoon chopped parsley, 1 cup tomato juice, salt, pepper, paprika. Cook tender.

27 SURROUND roast lamb with potatoes boiled 15 minutes, then roasted 40 minutes with the meat; apples cut in halves, baked and filled with mint jelly, tomatoes stuffed and baked. Use any or all of these accompaniments. Add sprigs of parsley, mint or cress.

26 CUSTARD PLUS

In individual glasses topped with meringue and sprinkled with chopped nuts, coconut or tiny candied; or with bits of red jelly in center of egg white; or with orange or peach sections in bottom of glass.

25 ARRANGE individual portions baked fish on platter. On each piece put a shrimp, portion of lobster or thick slice of tomato. Cover with cheese sauce, brown lightly in broiling oven, sprinkle with chopped parsley. Flank with toast points and buttered potato balls.

24 VARY YOUR FRENCH DRESSING

Six ways to do it: chopped olives; grated Roquefort cheese; chopped cooked bacon, brown sugar and mustard; chopped egg and green pepper; pecans and almonds chopped; curry powder and hard egg yolk.

23 ICE Cream Glowns for a children's party: Put a round scoop of ice cream in ice cream cone. Invert on large round cookie, make features of red and green gumdrops and a ruff with whipped cream using pastry bag and tube. Serve immediately. Omit ruff if desired.

22 VEGETABLE PANCAKES

Chop raw carrots to make 1 1/2 cups, 1 raw potato, 1/4 onion, 1 cup spinach, 3/4 head lettuce. Add 1 egg beaten, 1/2 cup flour, 1/2 teaspoon baking powder, 3/4 teaspoon salt. Fry on griddle like pancakes.

21 APRICOTS with Meat: On pan-fried individual ham steaks place canned apricots and apricot sirup. Broil until hot. For a black and gold effect fill halves of heated canned apricots with balls of mashed spiced prunes. The spicy sweet with the rich tart flavor is unforgettable.

28 WHITE VEGETABLES

Cover potatoes, celery, onions, cauliflower with white sauce, 1 cup whole bread crumbs, 1/2 cup melted butter, 1/2 cup grated carrots, 2 table-spoons chopped parsley, 1 hard chopped egg. Bake.

31 WITH a large brush, paint the tops of milk rolls when they come out of the oven piping hot, with butter (not melted). It sinks into the brown crust, glazes the rolls, keeps them from getting hard and also gives them a delicate flavor. This process is followed at a famous pastry shop.

30 DIFFERENT RELISH FOR PORK

Mix together 1 cup strained apple sauce, 1 cup cream, whipped, and 1/2 cup prepared horseradish, measured after keeping from the bottle, and drained. Serve immediately with pork chops or roast pork.

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Mix together 1 cup strained apple sauce, 1 cup cream, whipped, and 1/2 cup prepared horseradish, measured after keeping from the bottle, and drained. Serve immediately with pork chops or roast pork.

salad and hot roll.

11

MUSHROOM Gravy.
Add 1 can cream of mushroom soup, the condensed kind, to the drippings in the roast chicken pan. Slowly add $\frac{1}{2}$ cup milk, stirring. Bring to a boil and serve hot.

MINCE Pie with Meringue: Bake a one-crust mince pie and top it with a lemon meringue. Beat 2 egg whites until frothy. Add $\frac{1}{4}$ cup sugar, $\frac{1}{4}$ teaspoon baking powder, 1 teaspoon grated lemon rind. Beat until very stiff. Pile in peaks on pie, bake in a slow oven 20 minutes.

25

FOR Roast Goose:
Dip marshmallows in beaten egg, then in fine crumbs. Fry in deep fat 1 minute. Set each marshmallow on ring of canned pineapple, delicately browned in butter.

soup or salad.

12

PEAR Salad: Use equal parts canned pear sirup and grenadine. Pour over canned pears arranged in refrigerator tray. Chill overnight. Serve on beds of lettuce, garnished with maraschino cherries and mayonnaise. This is a holiday salad, but may be used at any time.

19

FIRST Course: Arrange sections of chilled oranges and grapefruit alternately in pinwheel fashion on small glass plates, decorate with a tiny sprig of mint or watercress in center.

MUSHROOM

Stuffing: Add canned condensed cream of mushroom soup to the bread stuffing instead of moistening with water or milk. An easy way is to add the soup to an egg, beating with a fork and stirring it into the other ingredients.

or cold with cream.

13

BRUSSELS Sprouts de Luxe: Cook 1 quart Brussels sprouts in 1 cup hot water 15 minutes. Add 1 cup green Malaga grapes, cut in halves, seeds removed. Cook until sprouts are tender. Drain, season.

20

A P R I C O T

Cookies: Wash 1 cup dried apricots, put through food chopper. Blend with $1\frac{1}{2}$ cups sweetened condensed milk. Fold in 3 cups shelled peanuts, 2 tablespoons lemon juice. Drop from spoon on tin sheet. Bake in moderate oven 325 degrees F., 20 minutes.

27

CEREAL Stuffing:
Use 5 cups crisp prepared cereal (in place of 3 cups bread), $\frac{1}{2}$ cup nutmeats, chopped cooked chicken giblets, 1 egg beaten with $\frac{1}{4}$ cup water, salt and pepper to taste.

add juice 1 orange.

14

STUFF large plump cooked prunes with strips of American cheese or sharp cheese. Wrap with strips of thin bacon fastened with toothpicks. Broil until bacon is cooked, but not crisp. Remove toothpicks and insert clean ones to be held in fingers while prunes are being eaten.

21

ABOUT Nuts: Heat nuts before using for an unusually sweet flavor. Try roasted California walnuts. Place, unshelled, in shallow pan. Bake 12 or 15 minutes in a hot oven, 400 degrees F.

CLOVE Cran-

berry Jelly: Cook 1 quart cranberries, $\frac{1}{4}$ teaspoon salt, 2 teaspoons whole cloves, 2 cups water, until soft. Put through sieve. Add $1\frac{1}{2}$ cups sugar, cook 3 minutes. While hot, add 1 teaspoon lemon juice, $1\frac{1}{2}$ tablespoons gelatine softened in cold water. Chill.

15

PARTY Sandwiches:
Put $\frac{1}{2}$ pound each figs and dates through food chopper. Add $\frac{1}{4}$ cup water. Cook to form paste. Add $\frac{1}{4}$ teaspoon lemon juice. Cool, spread between thin slices nut bread.

THANKSGIVING

Garnishes:
Sprinkle finely grated carrots on the mashed potatoes with bits of butter. Roll pitted ripe olives in strips of bacon, fasten with toothpicks, put in roasting pan with turkey last 15 minutes of cooking. Remove toothpicks before serving.

29

THANKSGIVING Menu: Orange and grapefruit appetizer, turkey, mushroom or cereal stuffing, mashed potatoes, Brussels sprouts de luxe, clove-cranberry jelly, mince pie with meringue.

CUT Hubbard squash in pieces. Bake in shell in a 325 degree F. oven 1 hour or until tender. Scoop squash out of shell. Mash, add cream or melted butter to moisten, season with salt, pepper and nutmeg. Add 1 cup of sliced toasted Brazil nuts to a quart of squash before serving.

23

A FOUR pound roasting chicken requires 4 to 5 cups of dressing; a 14- to 16-pound turkey needs 9 to 10 cups Giblets and neck, stewed, seasoned, chopped, are fine for stuffing or gravy.

TURKEY Salad:

Mold the cranberry jelly in a large ring mold or individual ones. Place salad of leftover turkey diced and mixed with chopped celery and mayonnaise dressing in center. Garnish with celery hearts and serve in nests of crisp lettuce.

E L H.

CRANBERRY

Cake: Fold 1 beaten egg white into 2 cups cranberry sauce. Put layer of sponge cake in deep freezing tray, spread with cranberry sauce and repeat, making the top layer of cake. Put in freezing unit 3 or 4 hours. Slice, serve with whipped cream.

R. S.

Pay to the order of

PEEL, quarter oranges (navels if available). Simmer in sirup made by cooking 1 cup sugar with $\frac{3}{4}$ cup water 5 minutes. When fruit is clear, remove. Serve around turkey with ripe olives, watercress.

4 **AVOCADOS** with Crab: Peel avocados; cut in halves lengthwise, removing seed. Arrange in baking pan. Fill cavity in each half with warm creamed crab, covering top of avocado. Heat enough to warm the crab, but not to cook avocado. Serve with green salad and hot roll.

5 **SOUFFLÉ Crackers**: Soak crackers for 8 minutes in ice water. Dot with butter, bake in a hot oven (450 degrees F.) until puffed and browned, about 45 minutes. Serve with soup or salad.

12 **PEAR Salad**: Use equal parts canned pear sirup and grena-dine. Pour over canned pears arranged in refrigerator tray. Chill overnight. Serve on beds of lettuce, garnished with maraschino cherries and mayonnaise. This is a holiday salad, but may be used at any time.

18 **MUSHROOM Gravy**: Add 1 can cream of mushroom soup, the condensed kind, to the drippings in the roast chicken pan. Slowly add ½ cup milk, stirring. Bring to a boil and serve hot.

19 **MINCE Pie** with Meringue: Bake a one-crust mince pie and top it with a lemon meringue. Beat 2 egg whites until frothy. Add ¼ cup sugar, ½ teaspoon baking powder, 1 teaspoon grated lemon rind. Beat until very stiff. Pile in peaks on pie, bake in a slow oven 20 minutes.

25 **FOR Roast Goose**: Dip marshmallows in beaten egg, then in fine crumbs. Fry in deep fat 1 minute. Set each marshmallow on ring of canned pine apple, delicately browned in butter.

26 **MUSHROOM Stuffing**: Add canned condensed cream of mushroom soup to the bread stuffing instead of moistening with water or milk. An easy way is to add the soup to an egg, beating with a fork and stirring it into the other ingredients.

6 **BANANA-APPLES**: Stuff red apples, prepared for baking, with tiny cubes of banana. Arrange apples in baking pan. Pour over them a sirup made of ¼ cup sugar dissolved in ½ cup water. Dot each apple with butter. Bake, basting frequently. Serve hot or cold with cream.

13 **BRUSSELS Sprouts de Luxe**: Cook 1 quart Brussels sprouts in 1 cup hot water 15 minutes. Add 1 cup green Malaga grapes, cut in halves, seeds removed. Cook until sprouts are tender. Drain, season.

20 **APRICOT Cookies**: Wash 1 cup dried apricots, put through food chopper. Blend with 1½ cups sweetened condensed milk. Fold in 3 cups shelled peanuts, 2 tablespoons lemon juice. Drop from spoon on tin sheet. Bake in moderate oven 325 degrees F., 20 minutes.

27 **CEREAL Stuffing**: Use 5 cups crisp prepared cereal (in place of 3 cups bread), ½ cup nut meats, chopped cooked chicken giblets, 1 egg beaten with ¼ cup water, salt and pepper to taste.

8 **TAFFY Twinks**: Cover layer chopped nuts in custard cups with vanilla waters. Beat together 2 eggs, 2 cups brown sugar, 1 tablespoon melted butter, 1 teaspoon vanilla. Fill cups almost full, set in warm water, bake 1 hour in slow oven (300 degrees F.) Serve with whipped cream.

7 **FOR pineapple cake** filling mix 2 tablespoons cornstarch, ¼ cup sugar. Add to No. 2½ can crushed pineapple drained from sirup. Cook until smooth and thickened. Cool, add juice 1 orange.

14 **STUFF** large plump cooked prunes with strips of American cheese or sharp cheese. Wrap with strips of thin bacon fastened with toothpicks. Broil until bacon is cooked, but not crisp. Remove toothpicks and insert clean ones to be held in fingers while prunes are being eaten.

21 **ABOUT Nuts**: Heat nuts before using for an unusually sweet flavor. Try roasted California walnuts. Place, unshelled, in shallow pan. Bake 12 or 15 minutes in a hot oven, 400 degrees F.

28 **CLOVE Cranberry Jelly**: Cook 1 quart cranberries, ¼ teaspoon salt, 2 teaspoons whole cloves, 2 cups water, until soft. Put through sieve. Add 1½ cups sugar, cook 3 minutes. While hot, add 1 teaspoon lemon juice, 1½ tablespoons gelatine softened in cold water. Chill.

15 **PARTY Sandwiches**: Put ½ pound each figs and dates through food chopper. Add ¼ cup water. Cook to form paste. Add ½ teaspoon lemon juice. Cool, spread between thin slices nut bread.

22 **THANKSGIVING Garnishes**: Sprinkle finely grated carrots on the mashed potatoes with bits of butter. Roll pitted ripe olives in strips of bacon, fasten with toothpicks, put in roasting pan with turkey last 15 minutes of cooking. Remove toothpicks before serving.

29 **THANKSGIVING Menu**: Orange and grapefruit appetizer, turkey, mushroom or cereal stuffing, mashed potatoes, Brussels sprouts de luxe, clove-cranberry jelly, mince pie with meringue.

Pay to the order of
R. S. S.

9 **OATMEAL Pie Crust**: Put 1½ cups uncooked oatmeal through food chopper. Add 1 cup sifted flour, ¾ teaspoon salt. Cut in 1 egg white beaten stiff, 1 tablespoon sugar, 1 cup cream whipped until thick as custard. Freeze.

17 **PEEL**, quarter oranges (navels if available). Summer in sirup made by cooking 1 cup sugar with ¾ cup water 5 minutes. When fruit is clear, remove. Serve around turkey with ripe olives, watercress.

23 **CRANBERRY Cake**: Fold 1 beaten egg white into 2 cups cranberry sauce. Put layer of sponge cake in deep freezing tray, spread with cranberry sauce and repeat, making the top layer of cake. Put in freezing unit 3 or 4 hours. Slice, serve with whipped cream.

30 **TURKEY Salad**: Mold the cranberry jelly in a large ring mold or individual ones. Place salad of leftover turkey diced and mixed with chopped celery and mayonnaise dressing in center. Garnish with celery hearts and serve in nests of crisp lettuce.

1 package quick-setting orange jelly powder, 4 tablespoons sugar, 1½ cups warm prune juice, dash of salt, juice of 1 lemon and maraschino cherry juice to make ½ cup.

Dissolve quick-setting jelly powder in 1½ cups prune juice which is slightly warmer than lukewarm. Add sugar, salt, and fruit juices. Turn into individual molds. Chill until firm. Unmold and serve with whipped cream. Serves six.

Cardinal Pear Mold

1 package quick-setting cherry jelly powder, ½ tablespoon vinegar, ½ teaspoon ginger, 1½ cups warm water, ½ cup juice from canned or cooked pears, ½ teaspoon salt.

Dissolve jelly powder in warm water, having water slightly above lukewarm in temperature. Add pear juice, vinegar, ginger, and salt. Turn into individual molds. Chill until firm. Unmold. Serve garnished with sections of pears. Serves six.

Bananas are popular with young and old and here's an interesting way to serve them.

Banana Pudding

4 bananas, juice and grated rind ½ lemon, ½ cup granulated sugar, 1 tablespoon butter, sifted bread crumbs, 1 cup evaporated milk, 1 cup water, 3 eggs, ½ teaspoon salt, 1 teaspoon vanilla.

Place layer of thinly-sliced bananas in bottom of well-buttered baking dish. Sprinkle with lemon rind, lemon juice and ½ cup sugar. Dot with small pieces of butter. Cover with thin layer of finely-sifted bread crumbs. Repeat until dish is three-quarters full. Blend together evaporated milk, water, slightly-beaten eggs, sugar, salt and vanilla. Pour over bananas. Place in pan of hot water and bake about 30 minutes in a slow oven (300° F.) or until custard is set. Serves eight.

And here are several other good dessert recipes of various types.

Apple Sauce Ice

Two cups sweetened apple sauce, ½ cup chopped nuts, 1 tablespoon lemon juice, ½ cup chopped raisins, ½ teaspoon nutmeg.

Mix all ingredients, pack into tray of mechanical refrigerator and let stand six hours.

Chilled Fruit Medley

One cup sliced bananas, 1 cup sliced oranges, 1 cup diced pineapple, 1/3 cup sugar, ½ cup orange juice, ½ cup lemon juice.

Mix and chill fruits for several hours. Serve in glass dishes.

Chocolate Marshmallow Pudding

Put in top of double boiler 3 cups milk, 2 squares unsweetened chocolate, 1½ tablespoons gelatin and 1/3 cup sugar. Place over hot water. When milk is scalded, stir and beat until smooth. Add 1 teaspoon vanilla and ½ teaspoon salt. Strain into large bowl. Cool until it begins to thicken. Fold in 16 marshmallows which have been quartered with scissors dipped frequently into cold water. Turn into wet mold, chill.

PRODUCE AND PROVISION BUSINESS.

r, indorses the following check to the firm as an additional investment.

Unmold, serve with marshmallow mint sauce.

Marshmallow Mint Sauce

One-half cup sugar, ½ cup water, 8 marshmallows, 1 egg white, 1 drop oil of peppermint, green coloring.

Boil sugar and water to a thin syrup (230° F.), not thick enough to spin a thread, and add marshmallows cut in small pieces. Let stand two minutes, pressing marshmallows under syrup, using back of spoon. Add mixture gradually to the egg white, beaten until stiff but not dry. Continue beating until mixture is cool; then add oil of peppermint and color green.

Bird's Nest Pudding

Core and peel 8 apples, put in a dish, fill centre with sugar and a little nutmeg. Cover and bake. Beat yolks of 4 eggs light, add 2 cups flour (scent) with 3 even teaspoons baking powder, sifted with it, 1 pint milk with 1 teaspoon salt. Then add egg whites well beaten, pour over the apples. Bake one hour in moderate oven. Serve with sauce.

Baked Peaches

Butter a pudding dish and cover with a layer of canned sliced peaches. Sprinkle with brown or maple sugar, generous bits of butter and bread or cracker crumbs. Shortening may be used instead of butter if 1 tablespoon of salt is added. Repeat layers, making last one crumbs and butter. Pour over all ½ cup peach syrup. Bake 40 minutes at 350° F. For one can peaches (about 2 cups) use 1/3 cup butter, ½ cup sugar and 1 cup crumbs.

Whole Wheat Carrot Pudding

4 slices whole wheat bread, 1 cup milk, 1½ cups ground carrots (5 medium size), 1 cup seeded raisins, ½ cup sugar, 1 egg, separated, ½ tsp. salt, 2 cups whole wheat flakes, 1 tsp. butter.

Soak bread and milk. Add carrots, raisins, sugar, egg yolk, salt and whole wheat flakes. Beat egg white and fold in. Melt the butter in the baking dish, and pour in the pudding. Bake in a moderate oven (400° F.) about 35 minutes. Yield: 8 servings.

Golden Sauce

1 cup sugar, 4 tbsps. flour, ½ tsp. salt, 1½ cups boiling water, 3 tbsps. finely grated carrots, 2 tbsps. orange juice, 2 tbsps. lemon juice, 4 tbsps. butter.

Mix the first four ingredients in upper part of double boiler and cook, stirring until thick and clear. Set over hot water, add remaining ingredients, and let cook gently over hot water until ready to serve.

Honey Plum Pudding

½ cup oatmeal (measured after cooked), ½ cup bran flakes, 1 cup seedless raisins, 1 cup pecans, ½ cup citron, ½ cup dates, ½ cup flour, ½ teaspoon soda, 2 teaspoons cinnamon, 1 teaspoon allspice, 1 teaspoon nutmeg, 1 cup honey, 1 egg, ½ cup jelly.

Combine ingredients in order given. Bake in a covered oven glass dish for 2½ hours (about 250° F.).

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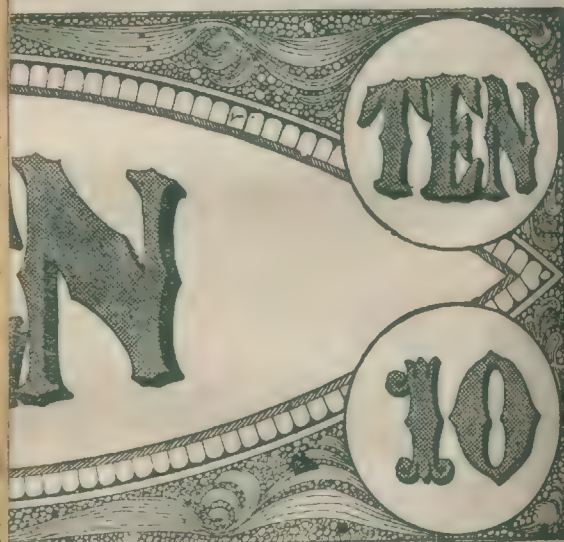
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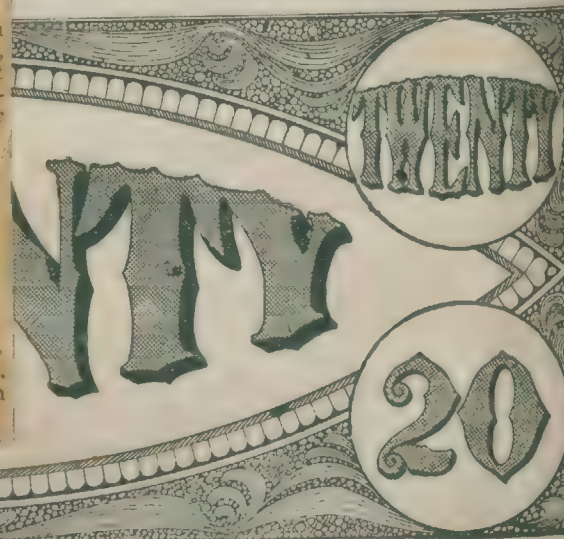
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HIT-JUICE COCKTAIL: Pour into a
ker, over 1 cupful of crushed ice, 1
ful each of pineapple and strained
age juice, $\frac{1}{2}$ cupful of juice from
ned raspberries, $\frac{1}{4}$ cupful of grena-
e and 4 tablespoonfuls of strained
non juice. Shake vigorously and pour
cocktail glasses, add a fresh straw-
erry or a maraschino cherry to each and
erve.

INNAN HADDIE DELMONICO: Soak a
-pound fish or section of smoked had-
lock in equal parts of milk and water for
several hours, then put over the fire in
resh cold water to merely simmer till
kin is loosened. Drain, chill and flake,
emoving all bits of skin or bone. Cook
together until bubbling 4 tablespoonfuls
f butter and 3 of flour; add milk, allow-
ing $\frac{3}{4}$ cupful to each cupful of flaked
sh, and simmer over hot water till
thickened. Season sparingly with salt
and white pepper, then add the fish, 1
miento cut into strips and 2 hard-
baked eggs cut in eighths lengthwise.
mmmer over hot water ten minutes,
rve on fingers of toast and sprinkle
ith finely minced parsley and paprika.

EBOX HOT-CROSS BUNS: Boil, mash
oroughly, then rub through a sieve
ough potatoes to make $\frac{1}{2}$ cupful; add
oint of scalded milk in which $\frac{1}{4}$ cup-
of shortening and $\frac{1}{4}$ cupful of butter
ve been melted, $\frac{1}{2}$ tablespoonful of
t and 4 tablespoonfuls of sugar. Dis-
ve a yeast cake in $\frac{1}{2}$ cupful of tepid
ter; when the potato mixture is just
ewarm add the yeast, then fold in
dually 3 cupfuls of sifted flour; beat
orously during this process. Leave to

the hour in a sheltered place, not
50° F. Then fold in 2 well-beaten
4 cupful of cleaned currants or
seedless raisins, $\frac{1}{4}$ teaspoonful of
and enough more flour to enable
knead the dough. Turn into a
eased bowl, cover closely and set
n the refrigerator overnight. In
ning pinch off pieces of dough as
s good-sized walnuts, work with
fingers into balls and set on a
sheet to rise until very light. This
quire two hours, as the dough is
ld. Then with a skewer or back of
press a cross on the top of each
l bake in a moderately hot oven.
with a glaze made of 1 tablespoon-
of cream and brown sugar, re-
the oven for a few moments to
If you are very ambitious you
ill the cross with confectioners'
This adds a distinctly decorative
to the buns.

APPLE-PEAR MARMALADE is easily
and delicious at either breakfast or
Soak and core 2 cupfuls of dried
s, then chop very fine, cover with 2
als of water and cook until tender.
2 cupfuls of sugar, 1 cupful of
ed pineapple and 2 tablespoonfuls
of orange and lemon juice. Simmer
ill thick or add 2 tablespoonfuls of com-
ercial pectin and cook as directed.

BAKED RHUBARB: Select tender young
stalks of pink rhubarb; cut into inch
sections without peeling; add $\frac{1}{2}$ cupful
of sugar to 1 $\frac{1}{2}$ cupfuls of fruit with just
ough water to cover; place in a glass or
garden baking dish, cover and bake in
ow oven till fruit is tender and sirup
ightly thickened. If desired, add two
three bits of thinly pared yellow lemon
bd for flavor.

APPLE MUFFINS: Sift 2 cupfuls of flour
4 teaspoonfuls of baking powder
2 teaspoonful of salt; rub in $\frac{1}{4}$
ful of butter. Mix together 2 well-
beaten eggs, $\frac{1}{2}$ cupful of milk and $\frac{1}{4}$
cupful of maple sirup; add to the dry in-
gredients with just as little beating as
ossible; turn into buttered muffin pans
ake in a moderately hot oven—

CHICKEN-LIVER OMELET: This dish
may be made at the table in the electric
grill or chafing dish very easily. Allow 1
egg for each serving, with 1 tablespoonful
f liquid, water or milk, and salt and
pepper to taste. Beat lightly. Melt
butter (2 tablespoonfuls to 4 eggs) in the
pan and turn in (Continued on Page 47)

(Continued from Page 42)

is preferred, take care that it is well
cooked and really hot. Serve it with little
jugs of cream and bowls of powdered
sugar.

So many tasty, substantial breakfast
dishes come to my mind that it is almost
impossible to tell you of them all. I am
merely giving you above some of the
menus which have won plaudits from
my own guests. Try them "as is" or
juggle them about to suit your liking.
Eliminate the second hearty dish if it
seems nonessential, but see to it that
there is plenty of everything; that the
coffee is clear, strong, hot and generous
in quantity; put a flower or a blossoming
plant on your table; bring out the most
cheering accessories you can muster, and
take my word for it—you will find your-
self having as good a time at your break-
fast party as any of your guests!

(Continued from Page 44)

the mixture. As it cooks, lift it along the
edges, permitting the liquid portion to
run underneath that which is already
cooked. When firm, arrange the chicken
livers over the surface and roll up with
the spatula.

CHICKEN LIVERS WITH MUSHROOMS:

Clean and cut into quarters 4 chicken
livers; dice 1 slice of bacon and cook in
2 tablespoonfuls of butter two or three
minutes; add $\frac{1}{2}$ teaspoonful of finely
chopped onion and $\frac{1}{4}$ cupful of sliced
mushrooms; simmer until the onion is
well cooked, then add the livers and con-
tinue cooking until well done. This por-
tion of the breakfast may be previously
cooked in the kitchen and kept hot until
the omelet is ready. However, if there
are two grills or an extra chafing dish at
hand, there is no reason why it should
not be done at the table.

BREAKFAST GRILL: Heat breakfast
plates and arrange on each 2 tiny grilled
sausages, 2 strips of crisply cooked bacon
and 1 egg *au beurre noir*, garnish with
cress and little globe radishes. Cover and
serve.

EGGS AU BEURRE NOIR: These are
merely nicely poached or fried eggs in
black butter sauce. Make this by melt-
ing 2 tablespoonfuls of butter in a heavy
frying pan to a bright brown; add 1 table-
spoonful of vinegar and $\frac{1}{2}$ teaspoonful of
tarragon vinegar. Cover closely and
cook gently until well blended. Pour
over the eggs after they have been ar-
ranged on the plates.



Spanish Noodles

- | | |
|--------------------------|--------------------------------|
| 1 lb. ground round | 1 cup green peas |
| steak | $\frac{1}{2}$ cups tomato soup |
| 2 medium onions, | $\frac{3}{4}$ cup bread crumbs |
| chopped | 3 tablespoons butter |
| 3 tablespoons shortening | $\frac{1}{2}$ teaspoon salt |
| 1 cup noodles | Pepper |

Cook noodles in one quart boiling salted water
forten minutes on hot plate. Drain, rinse with cold water.
Brown meat and onions in melted shortening, add the
noodles, peas and seasoning, pour into greased casser-
ole. Pour tomato soup over top and sprinkle with but-
tered crumbs. Put covered casserole in well of cooker,
which has been preheating on high for five minutes, and
allow to cook thirty minutes on high. Makes four large
servings. The casserole will hold double this quantity.

Caramel Crisp Ice Cream—Place two tablespoons
finely chopped caramelized popcorn in bottom of sher-
bet glasses, pile vanilla ice cream lightly into dishes,
and top with additional popcorn. Grand!

COCONUT CARAMEL PIE

- | | |
|-----------------------------|--------------------------------------|
| $\frac{1}{2}$ cup sugar | $\frac{1}{4}$ cup sugar, caramelized |
| 5 tablespoons flour | 1 tablespoon butter |
| $\frac{1}{4}$ teaspoon salt | $\frac{1}{2}$ teaspoon vanilla |
| 2 cups milk | 1 baked 9-inch pie shell |
| 3 egg yolks, slightly | $\frac{1}{2}$ cup cream, whipped |
| beaten | and sweetened |
| | $\frac{1}{4}$ cup Baker's Coconut |

Combine sugar, flour, and salt in top of double boiler; add
the milk and egg yolks, mixing thoroughly. Place over rapidly
boiling water and cook 10 minutes, stirring constantly.
Remove from fire, but allow to remain over hot water.

Caramelize sugar by placing $\frac{1}{4}$ cup sugar in iron skillet
over medium flame, and stirring constantly until melted
and straw-colored. Add at once to thickened mixture,
stirring until blended; add butter and vanilla. Cool. Turn
into pie shell. Garnish with a ring of whipped cream and
sprinkle cream with coconut.

OLD ENGLISH SOUFFLE

Make a sauce of 2 table-
spoons butter, 2 table-
spoons flour, $\frac{3}{4}$ cup hot
milk, $\frac{1}{4}$ teaspoon salt,
cayenne. When thick, re-
move from fire and add 1
package Kraft Creamed Old
English, sliced. Stir until
cheese is melted. Add beat-
en yolks of 4 eggs. Cool.
Fold in 4 stiffly beaten egg
whites. Pour in 8-inch
casserole; bake 50 min-
utes at 325°. Serve at once.

BROILED OPEN SANDWICH

Toast bread slices on one side.
Spread the untoasted side with
Kraft Mayonnaise. Place a thick
slice of tomato on each slice. On
top of the tomato place slices of
Kraft American Cheese, and two
strips of partially broiled bacon.
Toast in broiler until cheese is
melted. Serve immediately.

SWISS SHIRRED EGGS

Make a cream sauce with 3 tablespoons of
butter, 3 tablespoons of flour, $\frac{1}{4}$ cups of
milk, seasonings. Put a spoonful of the sauce
into each individual shirred egg dish. Drop
2 eggs in each dish; cover with buttered
crumbs. Bake in moderate oven (325°) until
egg whites are set. Sprinkle generously
with Kraft Swiss Cheese, grated, and re-
turn to oven long enough to melt cheese.

PRODUCE AND PROVISION EXAMINATION.

In this examination the following books will be used: Six-column Journal, Sales Book, and Ledger. Record your Journal entries in the Six-column Journal used heretofore, but use journal paper for the Sales Book and ledger paper for the Ledger.

Feb. 1, 19 . Assume that a copartnership has been formed on this date, between yourself and J. W. Jameson; also, that a store has been rented at \$200 per month, payable in advance, for the purpose of conducting a Produce and Provision Business at 1236 Market St., Grand Rapids, Mich. The business is to be conducted under the firm name of J. W. Jameson & Co., and it has been agreed that the partners are to share the losses and gains equally. J. W. Jameson invests the following resources: Cash, \$2,410; Merchandise, per inventory, \$1,793.85; B. B. Barnum's note, in J. W. Jameson's favor, on demand, without interest, for \$980.50, dated Jan. 1, last; R. C. Stipp's note, in favor of George Smith, for \$756.50, at twelve months, dated July 1, last, with interest at 9 per cent.; the firm allows J. W. Jameson interest for the time the note has run, counting the time in months to date. This interest must be entered separately, and not added to the face of the note. The firm assumes the following liabilities for J. W. Jameson: His note, in favor of W. M. Harris, for \$750, dated Jan. 1, last, at three months, without interest; W. B. Balcom, on account, \$560; C. R. Bell, for blacksmithing, \$143.75.

Your investment is as follows: Cash, \$1,500; eighty acres of land, valued at \$2,500; a draft at thirty days sight, dated Jan. 20, last, for \$526.82, drawn on H. W. Howard by E. B. Barnum, which was accepted Jan. 24.

No discount is to be allowed on sales except when so stated.

Pay cash, one month's rent in advance, \$200. Buy merchandise of A. Mills for cash, \$375.50, invoice No. 1. Pay cash for a stove for office use, \$27, invoice No. 2. Buy of J. W. Hill, on account thirty days, one horse and wagon, \$275, invoice No. 3. Borrow cash, \$5,000, of the Western National Bank, on the firm's note, at five days with interest at 12 per cent., indorsed by D. N. Arnold.

All dates are indicated in the margin.

2d. Buy merchandise for \$780.40 of C. J. Coon, on the firm's joint note with C. W. Cadle, at five days interest at 10 per cent., invoice No. 4. Cash sales, \$325.70. Buy merchandise of F. Haines, on account, \$537.25, invoice No. 5. Sell C. E. Hendricks, on account, 100 bbls. XX flour at \$5.40; 2 bbls. C. sugar, 488 lbs., net, at 30 cents; 10 bbls. pork at \$9.

3d. Buy merchandise for \$365.95 of E. Collier, on the firm's note, at five days, with interest at 7 per cent., invoice No. 6. Give F. Haines, on account, a sight draft on C. E. Hendricks for \$50. Make a shipment to A. Allen, Alma, Mich., of 100 bbls. XX flour, invoiced at \$5.50, to be sold on commission. Pay cash for 5 tons of coal at \$7, for office use, invoice No. 7.

You will find it to your advantage to keep the items in the Sundries column of your Journal posted to date. In preparing your Ledger, give each proprietor's stock account one third of a page; Bills Receivable, Interest and Discount one half a page each; all other accounts one third of a page.

4th. Give F. Haines, on account, the firm's note at five days, for \$200, with interest at 9 per cent. Draw on C. E. Hendricks, at five days' sight, in favor of the firm, for \$200, and leave the draft at the Western National Bank for collection. Buy merchandise for \$465.30 of G. E. Daley, on account, invoice No. 8.

5th. Sell E. Freeman, on account, 10 bbls. golden syrup, 430 gals., net, at 56 cents; 20 bbls. N. O. molasses, 877 gals., net, at 75 cents. Buy merchandise, invoice No. 9, for \$175, of O. H. Wiley, and give in payment a draft at three days' sight, on A. A. Allen, Alma, Mich., on account of the firm's Shipment No. 1, made on the 3d inst.

6th. Loan C. J. Crandell cash, \$100, on his note at five days, with interest at 7 per cent., payable at the Western National Bank. Buy merchandise for \$680.40 of J. W. Hill, on account, invoice No. 10. Pay W. M. Harris cash, \$400, on J. W. Jameson's note of \$750. Pay the Western National Bank cash for the firm's note of \$5,000, and interest to date.

8th. Accept J. W. Hill's draft at thirty days, for \$500, on account. Remit E. Freeman a memorandum of credit for \$18.55, for shortage claimed on the sale of the 5th inst. See 207. H. W. Howard prepays his acceptance of the 24th, ult., less \$6.82. E. Collier presents the firm's note of \$365.95, but it is inconvenient to pay it, ask for more time.

9th. Leave B. B. Barnum's note for \$980.50, on demand, at the Western National Bank for collection. The Western National Bank remits proceeds on the draft you drew on C. E. Hendricks, on the 4th, inst., less 2 per cent. for collection. Buy merchandise for \$490 of C. R. Bell, pay cash \$200, balance on account, invoice No. 11.

10th. Return to J. W. Hill, at his expense, 323 lbs. of cheese at 12½ cents, which is not up to sample, and not suitable for your trade. Ship W. M. Fowler, Big Rapids, Mich., to be sold on commission, 25 bbls. XX flour, invoiced at \$5.60; 250 bu. of potatoes at 26 cents. Mr. Fowler personally solicits this shipment, and by agreement accepts your draft on him at 30 days' sight for \$150.

11th. Transfer to J. W. Hill, on account, R. C. Stipp's note of \$756.50 and accrued interest to date. Buy merchandise for \$393.30 of W. B. Balcom. Pay cash \$180, balance on account, invoice No. 12. Sell G. E. Daley merchandise for \$136.75, taking his note on demand, with interest at 12 per cent.

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Honey, Rice, and Date Pudding

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| 2 Cups Cooked Rice | $\frac{1}{4}$ Cup Honey |
| 2 Eggs, Well Beaten | $\frac{1}{2}$ Cup Chopped Dates |
| 1 Cup Milk | or Raisins |

MIX the beaten eggs together with the milk. Use a baking dish 7 inches in diameter and 3 inches deep and make alternate layers of the rice and dates or

raisins. Drizzle honey over each of these layers. Repeat this procedure until all the rice and fruit is used. Pour the beaten eggs and milk over this mixture. Bake in a moderate oven (350 degrees F.) for about 45 minutes. Serve hot or cold with cream.

Goblin Salad

- | | |
|--------------------|------------------------------|
| 1 Large Orange | Raisins |
| 6 Pineapple Slices | $\frac{1}{2}$ Cup Mayonnaise |

PEEL the orange and cut crosswise in 6 slices. Put each orange slice on a pineapple slice. Place on crisp lettuce. With the raisins make the eyes, nose, and mouth of a face on each orange slice. Serve with the mayonnaise, thinned with a little of the pineapple juice. Serves 6.

Celestial Loaf

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|--|--|
| $\frac{1}{2}$ Pound (30) Marshmallows | 2 Cups Vanilla Wafer Crumbs |
| $\frac{1}{2}$ Cup Sweetened Condensed Milk | $\frac{1}{2}$ Cup Shredded Coconut |
| $\frac{1}{4}$ Cup Water | 1 Tablespoon Preserved Ginger, Chopped |

CUT the marshmallows in small pieces and add to the sweetened condensed milk and water, which have been thoroughly blended. Combine the vanilla wafer crumbs, shredded coconut, and chopped ginger and add to the first mixture. Blend thoroughly. Pack into a loaf pan lined with wax paper. Place in the refrigerator. Chill for 12 hours or longer. To serve, unmold and cut in slices. Garnish with whipped cream if desired. Serves 8.

French Jambalaya

- | | |
|-------------------|--------------------------|
| 2 Cups Rice | Dash Pepper |
| 1 Dozen Oysters | 1 Can Shrimp |
| 1 Can Tomato Soup | 1 Large Onion, Sliced |
| 1 Teaspoon Salt | 2 Tablespoons Shortening |
| | 3 Cups Hot Water |

PLACE the oysters with their own liquor in a saucepan and bring to a boil. Drain. Place the shortening in a large saucepan and heat. Add the oysters, shrimp, and sliced onion to the hot fat and cook until they begin to brown. Add the tomato soup, rice, hot water, and salt and pepper. Cover the pot and cook over a low heat until the rice is soft. Serve in a large bowl. Serves 8.

Baked Hominy

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|---------------------------|---------------------------------|
| 3 Cups Canned Hominy | 1 Tablespoon Chopped Onion |
| 1 Tablespoon Shortening | $\frac{1}{4}$ Cup Grated Cheese |
| 2 Cups Canned Tomato Soup | 1 Teaspoon Salt |
| | $\frac{1}{8}$ Teaspoon Pepper |

MIX together the hominy, melted shortening, tomato soup, chopped onion, salt, and pepper. Place in a well-greased baking dish and cover with the grated cheese. Bake in a moderate oven (350 degrees F.) until the cheese is melted. Serves 6.

Lima-Bean Loaf

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|------------------------------|---------------------|
| 1 Cup Dried California Limas | 2 Tablespoons Cream |
| 2 Eggs, Well Beaten | 1 Teaspoon Salt |
| 1 Tablespoon Shortening | Bread Crumbs |
| 1 Tablespoon Grated Onion | 3 Hard-cooked Eggs |

COOK the Limas in boiling salted water until soft. Rub through a coarse sieve to remove all skins. Add the well-beaten eggs, melted shortening, grated onion, salt, and cream. Add enough bread crumbs to make the mixture stiff enough to shape into a loaf (about $\frac{1}{2}$ cup). Press $\frac{1}{2}$ the mixture into a greased loaf bread pan and brush with melted shortening. Cover with the sliced eggs. Place the remaining mixture on top, brush with melted shortening, and bake in a moderate oven (375 degrees F.) until brown. Serves 4.

Baked-Bean and Tomato Salad

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|------------------------------|--------------------|
| 8 Tomatoes, Peeled | 2 Cups Baked Beans |
| $\frac{1}{4}$ Cup Mayonnaise | |

CUT the tomatoes almost to bottom into 6 even wedges and press apart like the petals of a flower. Place the tomatoes, stem end down, on crisp lettuce. Fill the centers with the well-blended baked beans and mayonnaise mixture. Serves 6.

Turkish Pilau

- | | |
|--------------------------|------------------------------|
| $\frac{3}{4}$ Cup Rice | 1 Cup Cooked Whole Shrimps |
| $\frac{1}{4}$ Cup Butter | Dash Cayenne |
| 1 Can Tomato Soup | $\frac{1}{4}$ Cup Mayonnaise |

COOK the rice in boiling salted water until tender. Drain and rinse with boiling water. Melt the butter in a frying pan. Cook the rice in the butter for 3 minutes. Add the tomato soup, shrimps, and cayenne

and cook for 5 minutes longer. Fold in the mayonnaise just before serving. Serve hot. Serves 6.

Creamed Lobster with Pimentos

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|---|---|
| 2 Tablespoons Mushrooms, Finely Chopped | $\frac{3}{4}$ Cup Pimentos, Sliced |
| 3 Tablespoons Shortening | 2 Cups Cooked Lobster, Diced |
| 2 Tablespoons Flour | 2 Egg Yolks |
| $1\frac{1}{2}$ Cup Milk | $\frac{1}{2}$ Cup Mayonnaise |
| $\frac{1}{2}$ Cup Cream | $\frac{1}{2}$ Teaspoon Worcestershire Sauce |
| 2 Hard-cooked Eggs, Sliced | $\frac{1}{2}$ Teaspoon Salt |
| | Dash Pepper |

SAUTÉ the mushrooms in 1 tablespoon of the shortening for 5 minutes. Melt the remaining shortening in a double boiler over a low flame. Add the flour and stir to a smooth paste. Add the milk and cream gradually,

stirring constantly. Add the mushrooms, hard-cooked eggs, pimentos, and lobster. Slowly add the egg yolks, beaten and mixed with a little of the sauce. Continue stirring and add the mayonnaise and seasonings. When thoroughly blended remove from the fire and serve on hot patty shells or toast. Serves 6.

Baked Macaroni and Cheese

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|---------------------------|-----------------------------------|
| 2 Cups Cooked Macaroni | 2 Eggs, Well Beaten |
| 1 Cup Bread Crumbs | 1 Tablespoon Chopped Green Pepper |
| 2 Teaspoons Chopped Onion | $\frac{1}{2}$ Cup Chopped Celery |
| 1 Cup Grated Cheese | 1 Teaspoon Salt |
| 1 Tablespoon Shortening | Dash Pepper and Paprika |
| $1\frac{1}{2}$ Cups Milk | |

USE a greased baking dish 8 inches in diameter and 3 inches deep. Mix together the macaroni, onion, cheese, green pepper, celery, $\frac{3}{4}$ cupful of the crumbs, and salt and pepper to taste. Pour the mixture into the baking dish and add the milk mixed with the beaten eggs. Mix the remaining crumbs with the melted shortening and place on top of the mixture in the baking dish. Sprinkle with the paprika. Bake in a moderate oven (350 degrees F.) for about 40 minutes. Serves 6.

Baked Eggs with Tomato Sauce

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|-----------------------------------|--------------------------|
| 9 Hard-cooked Eggs | 3 Whole Cloves |
| $\frac{1}{2}$ Cup Buttered Crumbs | 1 Bay Leaf |
| 1 Slice Onion | 3 Tablespoons Shortening |
| 2 Cups Canned Tomatoes | 2 Tablespoons Flour |
| | Salt and Pepper |

COOK the tomatoes for 10 minutes with the onion, cloves, and bay leaf, and add the salt and pepper to taste. Strain. Melt the shortening, add the flour and stir until well blended. Add the strained tomatoes and cook, stirring constantly until thickened. Place the sliced eggs in a greased baking dish and pour over them the tomato sauce. Cover with the buttered crumbs and bake for about 15 minutes in a hot oven (400 degrees F.) or until the crumbs are brown. Serves 6.

Baked Macaroni and Tomatoes

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|----------------------------------|-------------------------------------|
| 1 Cup Macaroni, Broken in Pieces | $\frac{1}{2}$ Teaspoon White Pepper |
| 4 Tablespoons Shortening | 3 Teaspoons Worcestershire Sauce |
| 3 Tablespoons Flour | $\frac{1}{2}$ Cup Mayonnaise |
| 2 Cups Milk | 3 Medium Tomatoes |
| 1 Teaspoon Salt | Buttered Bread Crumbs |

COOK the macaroni in boiling salted water for 9 minutes. Drain and rinse with cold water. Make a white sauce in a double boiler, using the shortening, flour, milk, salt, and pepper. Remove from the fire and slowly add the Worcestershire sauce and mayonnaise, stirring constantly. Arrange alternate layers of the macaroni and peeled sliced tomatoes in a greased casserole. Pour the white sauce over the mixture and cover with the buttered bread crumbs. Bake in a slow oven (325 degrees F.) until brown. Serves 6.

Frozen Lobster Entrée

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|----------------------------------|-------------------------------------|
| $\frac{1}{2}$ Cup Mayonnaise | 1 Cup Lobster Meat, Diced |
| $\frac{1}{2}$ Cup Cream, Whipped | $\frac{1}{2}$ Cup Small Cooked Peas |
| | Dash Salt |

FOLD the mayonnaise into the whipped cream. Then fold in the remaining ingredients in the order given. Blend thoroughly. Freeze in the tray of an automatic refrigerator for about 2 hours. Unmold on a platter of crisp lettuce leaves. Garnish with additional mayonnaise and tomato slices. Serves 6. This mixture should not be frozen at too low a temperature.

Eggplant Stuffed with Shrimps

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|---------------------------------------|------------------------------------|
| 1 Eggplant | Sprig of Parsley |
| 1 $\frac{3}{4}$ -Ounce Can of Shrimps | $\frac{1}{2}$ Pound Package Cheese |
| 4 Large White Onions, Chopped | 2 Tablespoons Butter |
| | Bread Crumbs |

BOIL the eggplant whole until tender, then cut in half lengthwise. Scoop out the center and cut the pulp into small pieces. Remove the membrane from the shrimps and chop. Add the chopped onions, chopped parsley, and cheese, cut in small pieces. Mix thoroughly and stuff the eggplant halves with the mixture. Sprinkle the bread crumbs, dot with the butter, and bake for 20 minutes in a slow oven (325 degrees F.).

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Casserole of Salmon and Celery

1 Green Pepper, Chopped 1 Cup Cooked, Diced Celery
2 Cups Salmon, Flaked 1 Cup Mayonnaise Cream Sauce
Buttered Bread Crumbs

PARBOIL the pepper for 5 minutes in boiling salted water. Combine with the salmon, celery, and mayonnaise cream sauce. Place in a greased casserole, with

the buttered bread crumbs on top. Bake in a moderate oven (350 degrees F.) for about 12 minutes or until brown. Serves 6.

Mayonnaise Cream Sauce

2 Tablespoons Shortening ½ Teaspoon Salt
2 Tablespoons Flour Dash White Pepper
1 Cup Milk ¼ Cup Mayonnaise

MELT the shortening in a double boiler and blend in the flour. Add the milk gradually, stirring constantly. Cook until entirely smooth, stirring constantly. Add the salt and pepper. Remove from the fire and slowly add the mayonnaise. Continue stirring. Makes 1 cup of sauce.

Molded Salmon De Luxe

1 Tablespoon Gelatine 1 Cup Salmon, Flaked
2 Tablespoons Cold Water 1 Cup Cucumber, Diced
2 Tablespoons Boiling Water and Salted
2 Tablespoons Vinegar ½ Cup Mayonnaise
¼ Teaspoon Salt ½ Cup Cream, Whipped

SOAK the gelatine in the cold water for 5 minutes. Add the boiling water and stir until dissolved. Add the vinegar and salt. Chill slightly. Add the salmon and cucumber. Blend the mayonnaise and whipped cream and fold them into the salmon mixture. Turn into a mold. Chill until firm. Unmold on crisp lettuce. Serve with additional mayonnaise. Serves 8.

BRAZIL NUT CAKE

2 cups ground Brazil nuts ¼ tsp. salt
1 cup sugar 6 eggs

Grind the nuts (you need at least 1½ cups of shelled nuts or about ½ pound) and mix with sugar and salt. Beat egg yolks until foamy and beat in sugar and nut mixture. Beat thoroughly and fold in beaten egg whites. Pour into 3 greased 8-inch layer-cake pans. Bake in a moderate oven, 350° F., for 30 minutes. Or pour mixture into a greased 8½-inch tube pan or spring form and bake in a slow oven, 325° F., for 20 minutes; raise the temperature to 375° F. for 10 minutes and then decrease heat to 325° F. for 30 minutes.

BRAZIL FROSTING

2 egg whites, 5 tbsp. water
unbeaten ¼ pound cut or
1½ cups brown whole Brazil
sugar, firmly nuts (¾ cup
packed Salt whole nuts)

Put egg whites, sugar, salt and water in upper part of double boiler. Beat with an egg beater until well mixed. Place over rapidly boiling water, beating constantly with egg beater and cook 7 minutes, or until frosting will stand in peaks. Remove from fire. Beat until thick enough to spread. Frost cake and decorate with whole or cut Brazil nuts. Cut nuts may be sprinkled on top of each frosted layer.

CHOW MEIN calls for 1 five-pound stewing chicken, $\frac{1}{2}$ pound of lean pork, 1 cupful of celery, 1 large onion, 1 small can of mushrooms, 1 small can of bamboo shoots, 1 can of bean sprouts, 1 green pepper, 1 can of water chestnuts, 4 tablespoonfuls of Japanese soy sauce, cornstarch and seasoning.

Simmer the chicken till almost tender enough to serve, cool in the liquid, then shred or cut with scissors into three-quarter-inch dice, reserving a portion of the white meat for garnishing. Shred the pork very fine; slice the onion into the thinnest possible shreds; shred the celery diagonally, also the pepper, after divesting it of seeds and veins and parboiling it for a few minutes in salted water. Slice the bamboo shoots—which should be the Japanese variety, as they are much finer—and the water chestnuts and mushrooms very thin. Heat a little of the chicken fat in a heavy skillet and cook the pork in it. Sauté each of the vegetables in separate saucepans with chicken or pork fat. Add them to the pork, also the chicken, and pour over enough of the liquor from the chicken to moisten well and provide sufficient gravy. Simmer gently for ten minutes, then add 4 tablespoonfuls of Japanese soy sauce, salt and pepper to taste, and the bean sprouts. Thicken in the usual way with cornstarch. Serve in chow-mein bowls,

garnishing each with thinly shredded breast meat of the chicken.

In smaller bowls serve the rice, which should be washed well and soaked in cold water half an hour, then drained and covered well with boiling water, boiled for a minute or two, then covered and set on the back of the range to merely simmer and swell to its utmost capacity. Do not salt if you are serving a Japanese menu.

Chow-mein noodles can be purchased in sanitary boxes or cans ready to use; merely heat them in the oven and arrange a small plateful to accompany the bowls of rice and chow mein. Usually for a formal meal the cooked rice is pressed into molds, placed in boiling water and unmolded at the last minute.

The guests help themselves to the rice, cover it with the chicken-and-pork mixture and sprinkle the noodles over all. Then, armed with the chopsticks, they strive to stay their hunger. In case they are unsuccessful, forks may be supplied.

Menu With Roast Pork
Tomato Bouillon
Roast of Pork
Holiday Apple Sauce
Browned Potatoes
Harvard Beets
Buttered Onions
Julienne Salad
Frozen Cranberry Pudding
Ice-box Wafers
Nuts
Coffee
Mints

This menu, like the first one is simply a basis on which to build, adding, subtracting or substituting to suit individual tastes. The prelude to roast pork should be light and stimulating to the appetite, so if you wish to substitute for the tomato bouillon suggested, select another clear soup, a tart fruit juice or fruit cup or a savory hors d'oeuvre. The meat may be the lordly crown roast, prepared for you by your butcher from the choicest ribs of pork or it may be a choice six or eight pound roast from the loin. If you like, make your favorite poultry stuffing and put it in the centre of the crown roast when the meat is partly cooked, or bake the stuffing in a separate shallow pan and baste with the drippings from the roast. The holiday apple sauce is just a fairly tart strained apple sauce to which washed raisins and grated lemon peel have been added, but the extra touches are delicious with pork. Potatoes of uniform, medium size are parboiled in salted water for fifteen minutes and drained. About fifteen minutes before serving time the meat is removed from the pan and put where it will keep hot and the potatoes are placed in the roasting pan. Raise the oven

Ham Baked with Cider and Crumbs

1 thick slice ham $\frac{1}{4}$ teaspoon pepper-corns
3 slices carrot 1 cup stale bread crumbs
3 slices onion 1 cup brown sugar
1 stalk celery 1 teaspoon mustard
2 sprigs parsley 1 teaspoon vinegar
 $\frac{1}{2}$ teaspoon whole cloves 1 cup cider
 $\frac{1}{2}$ teaspoon allspice berries

Put ham in cold water with seasonings and cook until tender, or use a

thick slice of boiled ham. Drain and put in baking dish. Mix crumbs, sugar, mustard and sufficient vinegar to hold mixture together and spread over ham. Pour cider over, and bake.

Potato Timbales

Chop cold boiled potatoes, season with salt, pepper and onion juice and moisten with cream. Pack into greased custard cups that have been sprinkled with soft stale bread crumbs, dot each with 1 teaspoon butter and bake.

Braised Broccoli

SHRED $\frac{1}{4}$ cup each carrot and onion and put in baking dish. Wash broccoli, peel stems, discard tough portion and place on the vegetables. Cover with well-seasoned chicken stock, cover dish and bake. Swiss chard or spinach cut in inch pieces may be used in place of broccoli.

Date Butterscotch Pudding

$\frac{1}{4}$ cup quick-cooking tapioca 6 tablespoons brown sugar
 $\frac{1}{4}$ teaspoon salt $\frac{1}{2}$ teaspoon vanilla
 $2\frac{1}{2}$ cups hot water 1 cup stoned dates cut in small pieces
3 tablespoons butter

Cook tapioca and salt in water in double boiler 15 minutes or until tapioca is clear, stirring frequently. Melt butter in saucepan, add sugar and stir until melted. Add tapioca mixture, vanilla and dates. Pour into buttered baking dish and bake. Serve

heat to 475 degrees Fahr. or so, and keep turning and basting the potatoes until uniformly browned. This may take a little time but the result is well worth it. If you feel that one vegetable in this menu is sufficient, choose either the beets or the onions—the beets may be cooked early, sliced and simply reheated in the sauce:

$\frac{1}{2}$ Cupful of sugar
1 Tablespoonful of cornstarch
 $\frac{1}{4}$ Cupful of water
 $\frac{1}{2}$ Cupful of vinegar
1 Tablespoonful of butter
 $\frac{1}{4}$ Teaspoonful of salt

The Julienne salad is made by mixing two cupfuls of finely shredded crisp cabbage with one shredded green pepper and one cupful of cooked carrots cut in fine strips. This mixture is seasoned lightly with salt and served on crisp lettuce or cabbage leaves with a piquant dressing made by adding one-half teaspoonful of mustard, a few drops of Worcestershire sauce, one-half teaspoonful of onion juice and two drops of tabasco to three-quarters of a cupful of French dressing.

Here's the recipe for the dessert which you may replace with any kind of ice cream you like, served plain or with a favorite sauce.

1 Quart of cranberries
1 Cupful of water
3 Cupfuls of sugar
 $\frac{1}{2}$ Cupful of orange juice
 $\frac{1}{2}$ Cupful of candied orange peel, chopped fine
3 Egg whites

Simmer the cranberries in the water until tender. Press through a sieve, add the sugar and return to the heat, stirring until the sugar is dissolved. Allow to cool and add the orange juice and chopped peel, then fold in the stiffly beaten egg whites. Freeze in the tray of a mechanical refrigerator or place in a mold, cover tightly and pack in a mixture of four parts of chopped ice to one part of rock salt. Serve unmolded with a garnish of canned or freshly stewed sections of pear.

Roast Duck, Orange Sauce

$\frac{1}{2}$ Apple, Cut in Quarters 1 Teaspoon Salt
1 Medium-sized Duck 2 Teaspoons Flour
1 Onion, Sliced Juice 1 Orange
 $\frac{1}{2}$ Cup Celery, Chopped 1 Orange, Sliced
1 Carrot, Sliced Rind 3 Oranges
3 Cups Stock or Bouillon 2 Teaspoons Lemon Juice
 $\frac{1}{2}$ Teaspoon Pepper 1 Tablespoon Currant Jelly

PLACE the carrot, onion, and celery in the bottom of a roaster. On top of these vegetables place the duck, stuffed with the apple and sprinkled with the salt and pepper. Add the stock or bouillon. Cover and cook for about 20 minutes to the pound of duck. For the first 20 minutes have the temperature of the oven at 475 degrees F. Reduce the heat to 375 degrees F. until the duck is tender.

Remove the duck from the roaster and strain the gravy into a saucepan. Skim off the fat and add the orange and lemon juices and currant jelly. Bring to a boil and thicken with the flour moistened with cold water. Cut the rind of the oranges and lemon into small pieces. Cover with water (about 1 cup) and cook for 5 minutes. Strain and add this liquid to the sauce. Cook the sauce for a few minutes longer. Place the duck on a platter and garnish with the orange slices. Serve with the orange sauce.

Quality Salad

1 Cup Seedless Raisins French Dressing
3 Small Tomatoes (About 1 Cup, Cut) Mayonnaise
2 Avocados Lettuce

WASH the raisins and drain and dry them on a cloth. Peel the tomatoes and cut into small cubes. Cut the avocados in half, remove the seeds, and scoop out the centers, leaving the shells unbroken. Cut the avocados into small pieces and combine with the raisins and tomato cubes. Marinate in the French dressing and refill the shells. Top with the mayonnaise and serve on the lettuce. Serves 4.

Apple, Celery, and Tuna Fish Salad

1 Cup Apples, Pared and Diced 1 $\frac{1}{2}$ Cups Celery, Diced
2 Tablespoons Lemon Juice 2 Cups Tuna Fish, Flaked
 $\frac{1}{4}$ Cup Mayonnaise

SPRINKLE the apples with the lemon juice and blend with the celery, tuna fish, and mayonnaise. Serve on crisp lettuce and garnish with additional mayonnaise. Serves 8. Use this salad as an entrée.

Raisin-Stuffed Veal Birds

1 $\frac{1}{2}$ Pounds Veal Round, Cut Thin $\frac{1}{4}$ Cup Finely Cut Onion
1 Cup Seedless Raisins $\frac{1}{4}$ Teaspoon Sage
4 Cups Dry Bread Crumbs Pepper
 $\frac{1}{2}$ Teaspoon Salt 1 Cup Stock (or 1 Bouillon Cube in 1 Cup Water)

CUT the veal into small pieces about 3 or 4 square. Combine the raisins, crumbs, salt, onion, sage, pepper, and stock or water, and mix thoroughly. On each piece of veal place a spoonful of the dressing, as much as can be rolled. Roll and fasten together with toothpicks. Fry the rolls until brown in a frying pan with just enough fat to prevent burning.

When brown on all sides place in a kettle with 2 cups of hot water or stock. Cover and simmer for 1 $\frac{1}{2}$ hours. Water or stock may be replenished if necessary. Makes about 10 birds.

Rice with Mushroom and Almond Sauce

2 Cups Boiled Rice $\frac{1}{4}$ Pound (or 1 Can) Mushrooms
2 Tablespoons Butter $\frac{1}{4}$ Cup Almonds, Toasted
2 Slices Onion 2 Tablespoons Flour
2 Cups Consommé or Bouillon $\frac{1}{2}$ Teaspoon Salt

COOK the onion and mushrooms in the butter until soft, add the flour and salt, and cook until brown. Add the consommé or bouillon and boil for 2 minutes.

Mix in the toasted almonds and serve over the boiled rice.

Spice Cup Cakes

1 (9 Ounce) Package Dry Mincemeat 2 Cups Sifted Flour
 $\frac{1}{2}$ Cup Water 2 $\frac{1}{2}$ Teaspoons Baking Powder
 $\frac{1}{2}$ Cup Shortening $\frac{1}{2}$ Teaspoon Mace
1 Cup Brown Sugar $\frac{1}{2}$ Teaspoon Allspice
2 Eggs $\frac{1}{2}$ Teaspoon Ginger
 $\frac{1}{2}$ Cup Milk

BREAK the mincemeat into pieces in a saucepan and add the water. Place the saucepan over a brisk boil and continue boiling for 3 minutes, or until the mixture is practically dry. Allow to cool. Cream the shortening and brown sugar. Add the eggs, one at a time, and beat vigorously until smooth and creamy. Sift together the flour, the baking powder, and mace, and add alternately with the milk to the sugar, shortening, and eggs. Fold the mincemeat into the mixture until thoroughly blended. Pour into greased cupcake tins. Bake for about 25 minutes in a moderate oven (350 degrees F.). Makes 1 $\frac{1}{2}$ dozen medium-sized cakes. Cool and ice with white frosting.

RICE BALL

Everybody likes rice when it is well cooked. And that's the catch. "Well cooked" means tender, fluffy grains that stand alone—no clinging together in a sticky mass, if you please. I don't know what good Samaritan thought of the rice ball, but I do know it's one of the easiest ways to boost one's reputation as a cook.

Put 1 cup of rice (white or brown) into the rice ball. Close it. Wash by letting water pour over the ball and through the rice until the water runs clear. Then place ball in kettle containing enough vigorously boiling water to cover. Add 1 teaspoon of salt for each quart of water. Boil white rice about 20 minutes and brown rice about 40 minutes or until the kernels are tender. If in doubt, open ball and press grains between thumb and forefinger to test their softness. Before taking rice out of the ball, hold it under a generous stream of hot water. Makes four cups cooked rice.

RICE CUTLETS

4 cups cooked rice 1 teaspoon salt
1 cup cooked carrot pulp 1 egg
1 tablespoon onion, minced
1 tablespoon milk Few grains pepper
1 teaspoon chopped parsley
¾ cup bread crumbs

Mix cooked rice, carrot pulp, minced onion, pepper, salt, egg, and milk together. Form into even-sized balls and shape into cutlets. Roll in bread crumbs and let stand 5 minutes. Fry the cutlets in a little fat until a golden brown on both sides. Arrange on a hot platter and sprinkle with parsley. Serve with apple or currant jelly.

RICE GUMBO

1 pound ham, diced 2 cups water
4 cups tomatoes (fresh or canned)
1 pound beef, diced 1 onion, sliced
2 tablespoons parsley, chopped
4 cups okra, cut crosswise
Bay leaf or celery seed, if desired
1 green pepper, chopped fine
1 teaspoon salt Few grains pepper
1 cup cooked rice ½ cup celery, cut in pieces

Broil the ham and beef in a little fat until brown. Add the parsley, onion, green pepper, and celery. Cook mixture for few minutes and add water

and tomatoes. Cover the skillet and simmer until the meat is almost tender. Then add the okra, pepper, salt, and bay leaf or celery seed if desired, and simmer uncovered until the okra is tender and the stew has thickened. Shape a border of rice on a large platter and fill center with the stew. Serves 8.

RICE URUGUAYEN

3 medium-sized carrots 1½ cups water
2 medium-sized onions
1 pound round steak, ground
1 teaspoon salt Few grains pepper
1 cup uncooked rice 1 small clove garlic
½ tablespoon chopped parsley

Cut carrots and onions in fine pieces. Brown steak in a little fat and add carrots, onions, rice, water, salt, pepper, garlic, and parsley and cook slowly 45 minutes to 1 hour. Add more water as needed. Serves 6.

RICE MONTCLAIR

2 tablespoons green pepper, chopped
2 cups milk 4 tablespoons fat
½ cup peanuts, chopped
4 tablespoons flour 1 teaspoon salt
½ cup cheese, grated
2 tablespoons pimiento, chopped
3 cups cooked rice

Cook green pepper in fat until soft. Add flour, salt, and milk gradually. Cook until thick, stirring constantly, and then add the peanuts, cheese, and pimiento. Pour this sauce over the hot rice. Garnish with parsley and sliced hard-cooked eggs. Serves 6.

FROZEN RICE

2 cups milk 1 cup cooked rice
2 egg yolks 2 cups crushed pineapple
½ cup sugar 1 cup cream, whipped
½ teaspoon salt

Scald milk in upper part of double boiler; pour it over egg yolks and sugar beaten together. Return to the double boiler and cook, stirring constantly until mixture coats the spoon. Add rice and pineapple. Chill. Fold in the whipped cream and salt. Pour into the freezing tray of a mechanical refrigerator or pour into a mold and pack in equal parts of ice and salt for 3 to 4 hours. Unmold and serve plain or with crushed or sliced pineapple.

Oyster Stuffing

½ cup oyster purée 1 tablespoon fine
or chopped oys- cut celery
ters ¼ cup hot water
½ cup prepared stuffing

COMBINE oyster purée or chopped oysters with remaining ingredients and mix well.

Oyster Sauce

3 tablespoons butter ½ cup oyster purée
or chopped oys-
3 tablespoons flour ters
1 cup milk Salt and pepper
2 tablespoons chopped parsley

MELT butter, add flour, when smooth add milk and stir until sauce boils. Just before serving add oysters, season to taste and add parsley. Stir and cook 1 minute and serve around the fish.

Baked Sliced Potatoes

WASH, pare and thinly slice white potatoes. Soak in cold water 30 minutes, drain, parboil 1 minute, again drain and plunge in cold water. Separate potatoes, dry between towels and put in layers in baking dish, sprinkling each layer with salt and pepper and brushing with melted butter. Cover and bake.

Shredded Beets

PREPARE and cook like shredded carrots. Onion may be omitted.

Roast Duck

Clean ducks thoroughly, washing well in cold running water. Wipe dry and stuff with sage and onion dressing. Place birds in roasting pan with wings and legs tied close to body, spread generously with fat and sprinkle with salt and pepper. Place in hot oven (450° F.) for 10 to 15 minutes, add 1 cup water and reduce heat to moderate (350° F.). Baste frequently while cooking, allowing about 20 minutes per pound. When done remove ducks to platter, pour off most of grease and make a brown gravy with what remains in the pan. Or serve with Orange Sauce.

Orange Sauce

3 tablespoons fat Salt and pepper
4 tablespoons flour ¾ cup orange juice
1½ cups stock or Grated rind ½
water orange
1 tablespoon or more sherry flavoring

Add flour to hot fat and allow to brown well. Add stock or water gradually, stirring until smooth. Season to taste with salt and pepper. Just before serving add orange juice and rind, and the sherry flavoring.

Sage and Onion Stuffing

¾ cup fat ½ teaspoon pepper
½ cup chopped 1 tablespoon, or
onions more, sage
3 quarts soft bread 2 tablespoons
crumbs chopped parsley
1 tablespoon salt

Cook onion in hot fat until almost tender. Add soft bread crumbs mixed with seasonings and cook until bread is thoroughly heated and well mixed with onions. Makes enough stuffing for 2 ducks or one 10 to 12 lb. fowl.

Oyster Stuffing

½ cup fat ½ teaspoon pepper
2 quarts soft bread 1 quart small
crumbs oysters
1 tablespoon salt ½ cup oyster liquor

Mix bread crumbs, salt and pepper; add fat, melted, and mix well. Clean oysters, being careful to remove all particles of shell, and add to crumbs. Moisten with hot oyster liquor. Enough for 8 to 10 lb. fowl.

One and One-Half Hours at 350 Degrees F.

Pork chops with sweet potatoes and apples
String beans with cheese
Steamed chocolate pudding with chocolate sauce and whipped cream

Pork Chops with Sweet Potatoes and Apples

PLACE pork chops on oven platter, cover each with a heaping tablespoon highly seasoned stuffing, surround alternately with sweet potatoes parboiled and brushed with melted butter, and large red apples cored and filled with raisins (or bake apples separately if platter is not sufficiently large). Add 1 cup water and bake.

String Beans with Cheese

1 quart string beans ½ cup grated cheese
½ cup top milk 1 teaspoon salt
1 tablespoon butter Few grains cayenne

REMOVE ends and strings from beans cut lengthwise in two or three pieces and put in baking dish. Add remaining ingredients, cover and bake.

Mock Sweetbreads

1 pound raw veal 1 teaspoon chives,
2 ounces fat salt cut fine
pork ½ teaspoon salt
¾ cup soft bread ½ teaspoon pepper
crumbs 2 eggs
½ cup flour 1¼ cups rich milk
1½ tablespoons butter

PUT veal and pork through food chopper. Mix bread crumbs, flour, salt, pepper and chives. Beat eggs slightly and add ½ cup milk. Combine ingredients and mix thoroughly. Form into 8 elliptical-shaped pieces, put in baking dish, dot over with butter and surround with remaining milk or with ¾ cup stock made from veal bones, and bake.

Baked Pared Potatoes

PREPARE 4 medium-sized potatoes that are even in shape and cut in halves lengthwise. With potato ball cutter make a small hole in the center of the smooth side, or make crisscross lines on the potato. Trim so that the potato stands evenly on the rounded side. Boil 1 minute, drain, put in shallow baking dish, sprinkle with salt and paprika, put 1 teaspoon butter in each hole or brush over the top, pour in ½ inch water, cover and bake.

Baked Ham with Orange: Place a ham, fat side up, in a baking pan, add one cup water and bake at 300° F. till tender. Allow about twenty minutes to the pound. Take from oven, remove rind, score fat, pat in brown sugar and stick in the fat wee diamonds of orange peel. Remove excess fat from pan and replace ham in the oven set at 350° F. for thirty to fifty minutes. Baste four times with one-fourth cup orange juice for each basting. When well-browned, remove from oven and serve hot. If preferred, plunge the raw ham in boiling water, reduce the heat and simmer till tender, allowing twenty-five minutes to the pound. Drain, remove rind and finish in the oven. This ham is pictured at the bottom of the page.

Ham Baked with Dried Limas: Soak one cup dried limas overnight in cold water. Drain, put in a baking dish, cover with a layer of sliced onions, add one cup water and top with a slice of raw ham. Bake covered one hour in a moderate oven (325° F.), uncover and bake thirty minutes longer. Serve with cabbage salad.

Spanish Onions with Ham: Parboil Spanish onions for twenty minutes. Drain, split and hollow the centers slightly. Chop the center onion and sauté in shortening; add one tablespoon crumbs for each onion, a little minced parsley, salt and paprika. Re-stuff in (Turn to page 30)

onions and put a half onion on a half slice of raw ham. Bake forty minutes at 400° F. (Pictured at left of page 25.)

Caribbean Meat Pie: Make a roux of three tablespoons of shortening and three tablespoons flour. When cheesy, add one cup stock, water or gravy. When thick, blend with one-half cup diced chicken, one-half cup diced ham, three chopped green olives and one-eighth teaspoon curry. Put in a baking dish and cover with one cup canned corn. Dot with butter and sprinkle with paprika. Bake until brown (about 20 minutes) at 400° F.

Nancy's Fried Oysters: Mince cooked ham very fine and roll dried raw oysters in the ham, then in an egg diluted with two tablespoons water, then in crumbs and fry in deep fat at 375° F.—390° F. for two to four minutes.

Ham Dumplings: Blend two cups prepared biscuit flour, one cup minced ham and three-quarters cup water. Pour in a buttered mold and steam in a closely covered pot for one to one and one-half hours, or pour into an oblong pan and bake twenty to thirty minutes in a hot oven (425° F.). Surround the cooked dumplings with cole slaw, and garnish the slaw with diced ham fat that has been cooked in a frying pan until it is crackling crisp.

Ham Blankets: Combine one cup chopped raisins, two cups cooked rice, one-third cup chopped pickled chili peppers or other pickle, one beaten egg, one tablespoon worcestershire sauce, paprika and salt to taste. Spread prepared mustard on one side of twelve slices of ham, place some prepared mixture on each slice and bring ends together and fasten with toothpicks. Fry in skillet until brown or broil under the flame. May be made with thin slices of raw or boiled ham.

Ham-Cheese Croquettes: Combine two cups hot mashed potatoes with the lightly beaten yolks of three eggs. Blend with one cup minced ham, one cup grated American cheese, and salt and paprika to taste. Form in balls or pyramids; crumb in the usual

Menu 3	Menu 4
Tomato Juice	Cream Soup
Main Course (Fowl)	Vegetable Plate
Choice of Salad	Refrigerator Dessert
Layer Cake	Whole Fruit

In the first we have fruit for the cocktail, a vegetable salad and pastry dessert. Because there is fruit in the menu the dessert could be a pie with crust made of cracker crumbs and filling of butterscotch. The following recipe makes a serving for eight persons: as the pastry is not cooked you may spread it on a twelve-inch meat platter, pour in the filling, top with white of eggs (beaten to a peak-stiff meringue) and sprinkle with toasted coconut. The result is guaranteed to produce a favourable impression at any dinner party.

Crumb Pastry

24 graham wafers ½ cup butter
2 tablespoons brown sugar

Melt butter. Roll out graham wafers, add with sugar to butter. Stir until thoroughly blended. Pack in pie pans or in platter. Place in refrigerator to chill.

Butterscotch Filling

4 tablespoons corn starch 1¼ cups brown sugar
2 cups milk ¼ teaspoon salt
3 tablespoons butter 3 egg yolks
1 teaspoon vanilla

Mix corn starch, salt and egg yolks. Add milk slowly. Cook in double boiler until thick. Cook

MISSION BUSINESS.



manner. Fry three to five minutes in deep fat at 375° F.—390° F.

Sandwich Suggestions: Combine equal quantities of minced ham and grated cheese with a little worcestershire sauce and some prepared mustard; put two tablespoons of this mixture and a slice of Bermuda onion between slices of bread and toast. Mince hot fried ham, a fried egg and a raw mild onion as a filling winter-day sandwich. Lend a little minced ham, a grated carrot and chopped lettuce or chopped cabbage with one tablespoon of mayonnaise and use between two slices of wholewheat bread for school children's luncheons. Put a thin slice of ham and another of chicken between two circles of brown bread; add a little lettuce, mayonnaise or a slice of tomato, as preferred.

Louisiana Soup: Soak one pound dried lima beans one hour or more. Put part of a ham bone, the beans, three onions, twelve peppercorns, and one half a bay leaf with six to eight cups water in a soup kettle and cook slowly until the beans are tender—two or more hours. Reserve one and one-half cups of whole beans. Force the remaining beans and stock through a puree sieve. Return the whole beans to the stock, add one cup minced carrot, one-half cup minced green pepper, and one small can tomatoes. Cook until tender. If there are bits of ham adhering to the bone, mince and add to the soup. This soup with croutons or bread is sufficient for a dinner when it is followed by a green salad and a light dessert.

Eggs Benedict: This justly famous egg dish can be made easily by following the Hollandaise recipe, appearing in the October issue of DELINEATOR. Split, butter and toast English muffins. Sauté circular pieces of cold boiled ham, place these over the halves of muffins, arrange on each a poached egg, and pour around Hollandaise sauce, diluted with cream to make of right consistency to pour easily.

Baked Ham Slice: Cut a slice of ham one and one-half inches thick. Place in a baking dish, sprinkle with one-half cup brown sugar, insert three or four cloves. Cover with two cups diluted evaporated milk. Bake one to one and one-half hours at 300° F.

butter and sugar until they bubble, stirring carefully to prevent scorching. Add to thickened mixture and beat with rotary beater. Cool slightly, add flavouring. Pour into crumb pastry shell.

MERINGUE:—Beat 3 egg whites until stiff, gradually beat in 6 tablespoons granulated sugar. Pile over filling, (do not brown) sprinkle with toasted coconut.

This pie may be made in the morning and kept in the refrigerator or cool place until served.

In the Menu No. 2 a clear soup would be chosen to precede a hot meat course. This is an opportunity to bring to aid the delicious canned products that are offered in such valiant array. In the morning the cans should be opened and contents placed in the pan in which the soup is to be heated along with the additional liquid as directed on the tins. At the same time make sure that the crackers are ready . . . if a new box is to be opened, see that it is done.

The markets are still well supplied with fresh fruits and one may have endless choice is combining the fruits. If a decided colour note is desired a gelatine salad with a foundation of cranberries will offer a piquant flavour.

Cranberry Salad

1 pint cranberries, 1 cupful boiling water, 1 cupful sugar, 1¼ tablespoonsful granulated gelatine, ¼ cupful cold water, ½ cupful diced pineapple, ½ cupful diced apple, ¼ cupful chopped walnuts meats, mayonnaise.

(Turn to page 39)



Cook the cranberries and water together for twenty minutes. Rub through a sieve, stir in the sugar, and cook five minutes. Add the gelatine which has been dissolved in the cold water for five minutes, and just before this begins to set pour half of the mixture into a shallow glass or enamelware dish which has been rinsed in cold water. Allow it to set, keeping the remainder warm to prevent it from becoming stiff. Over the first half sprinkle the pineapple, diced apple and nut meats. Pour the remaining half over this and allow it to set. Cut into slices and serve on leaves of lettuce with a garnish of salad dressing and a few extra nut meats.

Menu No. 3 — here we have a typical dinner which may be embellished in a dozen different ways. The cocktail of vegetable (or fruit) juices may be served, along with a canape in the living room, a gesture much approved where there is a large gathering, as it helps to bridge the awkward moments when unknown guests meet. Usually, if the cocktail is served in the living room a clear soup is added to the courses.

CONSIGNMENT NO. 2

800 LBS. DRIED PRUNES.

a consignment, to be per cwt., and drayage

Foamy Sauce

- ½ Cupful of butter
- 1 Cupful of confectioner's sugar
- 1 Egg
- 2 Tablespoonfuls of hot water
- 1 Teaspoonful of vanilla

Cream the butter, add the sugar gradually and continue creaming until the mass is light. Add the well-beaten egg and the hot water. Heat over hot water, beating constantly until it thickens. Add the vanilla and serve.

Prune Oat Cookies

- ⅓ Cupful of shortening
- 1½ Cupfuls of brown sugar
- 2 Eggs
- 1 Cupful of sour cream
- 3 Cupfuls of pastry flour
- 4 Teaspoonfuls of baking powder
- ½ Teaspoonful of baking soda
- ½ Teaspoonful of mace
- 1 Cupful of ground rolled oats
- 1½ Cupfuls of cooked chopped prunes

Cream the shortening, add the sugar gradually and continue creaming until the two are well mixed. Add the well-beaten eggs and the sour cream. Stir in the flour, baking powder, soda and mace which have been sifted together and mixed with the ground rolled oats. Lastly, add the chopped prunes and when thoroughly combined, drop by small spoonfuls on to a greased baking sheet. Bake for ten to twelve minutes in a hot oven—425 degrees Fahrenheit.

Prune and Orange Pie

- 2 Cupfuls of cooked prunes
- 1 Large orange
- ½ Cupful of brown sugar
- ¼ Teaspoonful of salt
- 2 Tablespoonfuls of cornstarch
- 1 Cupful of prune juice
- 2 Tablespoonfuls of butter
- Baked pie shell
- 2 Egg whites
- 4 Tablespoonfuls of sugar
- Lemon extract

Cut the prunes in halves and remove the pits. Peel the orange, removing all the white membrane and cut in small dice. Combine the prunes and orange. Mix the brown sugar, salt and cornstarch, add the prune juice gradually and cook, stirring constantly until the mixture is thick and smooth. Add the prune and orange mixture and the butter and continue cooking for about ten minutes, stirring occasionally. Turn into a baked pastry shell and cover with a meringue made by beating the egg whites until stiff, adding the sugar and flavoring with a little lemon extract. Brown in a slow oven—300 degrees Fahr.—for about fifteen minutes.

Steamed Whole Wheat Prune Pudding

- ½ Cupful of sifted pastry flour
- 1 Teaspoonful of baking soda
- ½ Teaspoonful of cinnamon
- ¼ Teaspoonful of cloves
- ¼ Teaspoonful of nutmeg
- 1 Cupful of whole wheat flour
- 1 Egg
- ½ Cupful of sour milk
- ½ Cupful of molasses
- ¼ Cupful of melted shortening
- ¼ Cupful of chopped nuts
- 1 Cupful of chopped cooked prunes

Sift the pastry flour with the baking soda and spices and combine with the whole wheat flour. Beat the egg thoroughly, add the sour milk, the molasses and the melted shortening and combine with the dry ingredients. When thoroughly combined, add the chopped nuts and prunes and turn into a greased pudding mold, filling not more than two-thirds full. Cover tightly and steam for two hours. Serve with pudding sauce as desired. Six servings. The following sauce is delicious with it.

Black and White Cream

- 1½ Cupfuls of prunes
- 2 Bananas
- 1 Dozen marshmallows
- 1 Cupful of whipping cream
- ½ Teaspoonful of lemon extract

Wash the prunes carefully, cover with boiling water and boil for ten minutes. Drain and chill. Remove the pits and cut into small pieces. Slice the bananas in fairly thin slices and cut the marshmallows into about eight pieces each. Whip the cream until stiff and fold in lightly the prunes, bananas, marshmallows and lemon extract. Serve piled in sherbet glasses with cherry garnish if desired. Six to eight servings.

Prune Conserve

- 4 Pounds of prunes
- 4 Pounds of sugar
- 4 Oranges
- 1 Pound of Raisins
- 1 Pound of chopped walnuts

Soak the prunes in water to cover for five hours. Drain and remove the pits. Add the sugar, the juice of the four oranges and the rind of one and the raisins. Simmer gently until the mixture is thick, stirring to prevent scorching. Add the chopped walnuts and turn into hot sterilized glasses. Cover with melted paraffin and allow to cool. Label and store in a cool place.

Prune Stuffing for Spare Ribs

- 1 Cupful of cooked pitted prunes cut in pieces
- 4 Medium-sized apples, peeled, cored and sliced
- 1 Cupful of grated pineapple
- ¼ Teaspoonful of cinnamon
- About three to four pounds of spare ribs
- Salt and pepper
- Flour

Combine the prunes, apples, pineapple and cinnamon and put between the spare ribs. Sprinkle the meat with salt and pepper and dredge with flour. Skewer or tie and place in a roasting pan with enough water to prevent the meat from sticking. Bake for about two hours.

Prune and Cabbage Salad

- ¼ Head of firm cabbage
- 2 Apples
- Chopped nuts
- Mayonnaise
- 16 Large uncooked prunes
- Cream cheese
- Grated pineapple

Shred the cabbage very finely, cut the apple in small dice and combine the two. Add the chopped nuts—one-quarter cupful, more or less as desired—and enough mayonnaise to moisten. Soak the prunes for one hour before using, then drain and dry them carefully. Remove the pits and stuff with the cream cheese which has been mixed with a little drained, grated pineapple. Arrange the salad in a bowl and garnish with the stuffed prunes or serve on individual salad plates, serving two prunes as a garnish on each plate. Eight servings.

Baked Ham with Orange: Place a ham, fat side up, in a baking pan, add one cup water and bake at 300° F. till tender. Allow about twenty minutes to the pound. Take from oven, remove rind, score fat, pat in brown sugar and stick in the fat wee diamonds of orange peel. Remove excess fat from pan and replace ham in the oven set at 350° F. for thirty to fifty minutes. Baste four times with one-fourth cup orange juice for each basting. When well-browned, remove from oven and serve hot. If preferred, plunge the raw ham in boiling water, reduce the heat and simmer till tender, allowing twenty-five minutes to the pound. Drain, remove rind and finish in the oven. This ham is pictured at the bottom of the page.

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Spanish Onions with Ham: Parboil Spanish onions for twenty minutes. Drain, split and hollow the centers slightly. Chop the center onion and sauté in shortening; add one tablespoon crumbs for each onion, a little minced parsley, salt and paprika. Re-stuff in (Turn to page 30)

onions and put a half onion on a half slice of raw ham. Bake forty minutes at 400° F. (Pictured at left of page 25.)

Caribbean Meat Pie: Make a roux of three tablespoons of shortening and three tablespoons flour. When cheesy, add one cup stock, water or gravy. When thick, blend with one-half cup diced chicken, one-half cup diced ham, three chopped green olives and one-eighth teaspoon curry. Put in a baking dish and cover with one cup canned corn. Dot with butter and sprinkle with paprika. Bake until brown (about 20 minutes) at 400° F.

Nancy's Fried Oysters: Mince cooked ham very fine and roll dried raw oysters in the ham, then in an egg diluted with two tablespoons water, then in crumbs and fry in deep fat at 375° F.—390° F. for two to four minutes.

Ham Dumplings: Blend two cups prepared biscuit flour, one cup minced ham and three-quarters cup water. Pour in a buttered mold and steam in a closely covered pot for one to one and one-half hours, or pour into an oblong pan and bake twenty to thirty minutes in a hot oven (425° F.). Surround the cooked dumplings with cole slaw, and garnish the slaw with diced ham fat that has been cooked in a frying pan until it is crackling crisp.

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Tomato Juice
Main Course (Fowl)
Choice of Salad
Layer Cake

Menu 4
Cream Soup
Vegetable Plate
Refrigerator Dessert
Whole Fruit

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2 tablespoons brown sugar

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3 tablespoons butter 3 egg yolks
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manner. Fry three to five minutes in deep fat at 375° F.—390° F.

Sandwich Suggestions: Combine equal quantities of minced ham and grated cheese with a little worcestershire sauce and some prepared mustard; put two tablespoons of this mixture and a slice of Bermuda onion between slices of bread and toast. Mince hot fried ham, a fried egg and a raw mild onion as a filling winter-day sandwich. Lend a little minced ham, a grated carrot and chopped lettuce or chopped cabbage with one tablespoon of mayonnaise and use between two slices of wholewheat bread for school childrens' luncheons. Put a thin slice of ham and another of chicken between two circles of brown bread; add a little lettuce, mayonnaise or a slice of tomato, as preferred.

Louisiana Soup: Soak one pound dried lima beans one hour or more. Put part of a ham bone, the beans, three onions, twelve peppercorns, and one half a bay leaf with six to eight cups water in a soup kettle and cook slowly until the beans are tender—two or more hours. Reserve one and one-half cups of whole beans. Force the remaining beans and stock through a puree sieve. Return the whole beans to the stock, add one cup minced carrot, one-half cup minced green pepper, and one small can tomatoes. Cook until tender. If there are bits of ham adhering to the bone, mince and add to the soup. This soup with croutons or bread is sufficient for a dinner when it is followed by a green salad and a light dessert.

Eggs Benedict: This justly famous egg dish can be made easily by following the Hollandaise recipe, appearing in the October issue of DELINEATOR. Split, butter and toast English muffins. Sauté circular pieces of cold boiled ham, place these over the halves of muffins, arrange on each a poached egg, and pour around Hollandaise sauce, diluted with cream to make of right consistency to pour easily.

Baked Ham Slice: Cut a slice of ham one and one-half inches thick. Place in a baking dish, sprinkle with one-half cup brown sugar, insert three or four cloves. Cover with two cups diluted evaporated milk. Bake one to one and one-half hours at 300° F.

butter and sugar until they bubble, stirring carefully to prevent scorching. Add to thickened mixture and beat with rotary beater. Cool slightly, add flavouring. Pour into crumb pastry shell.

MERINGUE:—Beat 3 egg whites until stiff, gradually beat in 6 tablespoons granulated sugar. Pile over filling, (do not brown) sprinkle with toasted cocoanut.

This pie may be made in the morning and kept in the refrigerator or cool place until served.

In the Menu No. 2 a clear soup would be chosen to precede a hot meat course. This is an opportunity to bring to aid the delicious canned products that are offered in such valiant array. In the morning the cans should be opened and contents placed in the pan in which the soup is to be heated along with the additional liquid as directed on the tins. At the same time make sure that the crackers are ready . . . if a new box is to be opened, see that it is done.

The markets are still well supplied with fresh fruits and one may have endless choice is combining the fruits. If a decided colour note is desired a gelatine salad with a foundation of cranberries will offer a piquant flavour.

Cranberry Salad

1 pint cranberries, 1 cupful boiling water, 1 cupful sugar, 1¼ tablespoons granulated gelatine, ¼ cupful cold water, ½ cupful diced pineapple, ½ cupful diced apple, ¼ cupful chopped walnuts meats, mayonnaise.

(Turn to page 39)

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—another reason is that so little is yet known regarding the causes of mental disorders. And this brings up the question of research.

The Necessity of Research

There are two ways in which mental research can be conducted. One is through the study of those already so afflicted. The other is through studies of human development in a normal community setting. The mental hospitals are obvious centres for the first type of research; while the universities might very well undertake the second.

Under the auspices of the University of Toronto and The Canadian National Committee for Mental Hygiene, a beginning has, as a matter of fact, already been made. At the St. George's School for Child Study, in Toronto, children from two to five years of age are being closely studied. And for the first time—and in similar studies elsewhere—accurate data are being gathered as to how children actually develop, physically, intellectually and emotionally. Not only are records kept from the age of two, but the children usually

CONSIGNMENT NO. 2

800 LBS. DRIED PRUNES.

a consignment, to be per cwt., and drayage

Foamy Sauce

- ½ Cupful of butter
- 1 Cupful of confectioner's sugar
- 1 Egg
- 2 Tablespoonfuls of hot water
- 1 Teaspoonful of vanilla

Cream the butter, add the sugar gradually and continue creaming until the mass is light. Add the well-beaten egg and the hot water. Heat over hot water, beating constantly until it thickens. Add the vanilla and serve.

Prune Oat Cookies

- ½ Cupful of shortening
- 1½ Cupfuls of brown sugar
- 2 Eggs
- 1 Cupful of sour cream
- 3 Cupfuls of pastry flour
- 4 Teaspoonfuls of baking powder
- ½ Teaspoonful of baking soda
- ½ Teaspoonful of mace
- 1 Cupful of ground rolled oats
- 1½ Cupfuls of cooked chopped prunes

Cream the shortening, add the sugar gradually and continue creaming until the two are well mixed. Add the well-beaten eggs and the sour cream. Stir in the flour, in which there need be no over-kneading.

We already have a National Research Council under the Department of Trade and Commerce, but it is not primarily concerned with human beings. The federal Department of Agriculture is actively concerned with matters affecting the welfare of livestock. It would seem that the health of the people might well be considered a natural concern of government. And what phase of it more appropriate than mental health, especially since the necessary research can only be prosecuted on a large scale and most advantageously by some central agency?

Canada has the men and women already equipped to undertake the work. That it is in advance of what is being done elsewhere should be an inducement rather than an argument against it. For in few other ways could Canada make so great a contribution toward the cause of humanity than through the discovery of measures where the ravages of this great menace to human happiness might be checked.

minutes, stirring occasionally. Turn into a baked pastry shell and cover with a meringue made by beating the egg whites until stiff, adding the sugar and flavoring with a little lemon extract. Brown in a slow oven—300 degrees Fahr.—for about fifteen minutes.

Steamed Whole Wheat Prune Pudding

- ½ Cupful of sifted pastry flour
- 1 Teaspoonful of baking soda
- ½ Teaspoonful of cinnamon
- ¼ Teaspoonful of cloves
- ¼ Teaspoonful of nutmeg
- 1 Cupful of whole wheat flour
- 1 Egg
- ½ Cupful of sour milk
- ½ Cupful of molasses
- ¼ Cupful of melted shortening
- ¼ Cupful of chopped nuts
- 1 Cupful of chopped cooked prunes

Sift the pastry flour with the baking soda and spices and combine with the whole wheat flour. Beat the egg thoroughly, add the sour milk, the molasses and the melted shortening and combine with the dry ingredients. When thoroughly combined, add the chopped nuts and prunes and turn into a greased pudding mold, filling not more than two-thirds full. Cover tightly and steam for two hours. Serve with pudding sauce as desired. Six servings. The following sauce is delicious with it.

Black and White Cream

- 1½ Cupfuls of prunes
- 2 Bananas
- 1 Dozen marshmallows
- 1 Cupful of whipping cream
- ½ Teaspoonful of lemon extract

Wash the prunes carefully, cover with boiling water and boil for ten minutes. Drain and chill. Remove the pits and cut into small pieces. Slice the bananas in fairly thin slices and cut the marshmallows into about eight pieces each. Whip the cream until stiff and fold in lightly the prunes, bananas, marshmallows and lemon extract. Serve piled in sherbet glasses with cherry garnish if desired. Six to eight servings.

Prune Conserve

- 4 Pounds of prunes
- 4 Pounds of sugar
- 4 Oranges
- 1 Pound of Raisins
- 1 Pound of chopped walnuts

Soak the prunes in water to cover for five hours. Drain and remove the pits. Add the sugar, the juice of the four oranges and the rind of one and the raisins. Simmer gently until the mixture is thick, stirring to prevent scorching. Add the chopped walnuts and turn into hot sterilized glasses. Cover with melted paraffin and allow to cool. Label and store in a cool place.

Prune Stuffing for Spare Ribs

- 1 Cupful of cooked pitted prunes cut in pieces
- 4 Medium-sized apples, peeled, cored and sliced
- 1 Cupful of grated pineapple
- ¼ Teaspoonful of cinnamon
- About three to four pounds of spare ribs
- Salt and pepper
- Flour

Combine the prunes, apples, pineapple and cinnamon and put between the spare ribs. Sprinkle the meat with salt and pepper and dredge with flour. Skewer or tie and place in a roasting pan with enough water to prevent the meat from sticking. Bake for about two hours.

Prune and Cabbage Salad

- ¼ Head of firm cabbage
- 2 Apples
- Chopped nuts
- Mayonnaise
- 16 Large uncooked prunes
- Cream cheese
- Grated pineapple

Shred the cabbage very finely, cut the apple in small dice and combine the two. Add the chopped nuts—one-quarter cupful, more or less as desired—and enough mayonnaise to moisten. Soak the prunes for one hour before using, then drain and dry them carefully. Remove the pits and stuff with the cream cheese which has been mixed with a little drained, grated pineapple. Arrange the salad in a bowl and garnish with the stuffed prunes or serve on individual salad plates, serving two prunes as a garnish on each plate. Eight servings.

SET No. 672

A Few Suggestions

DEEP FAT FRYING

French Fried Potatoes	390°
Doughnuts	370°
Oysters	375—390°

CANDY MAKING

Fudge	234°
Cake Icing	240°
Taffy	260—270°

JELLY MAKING

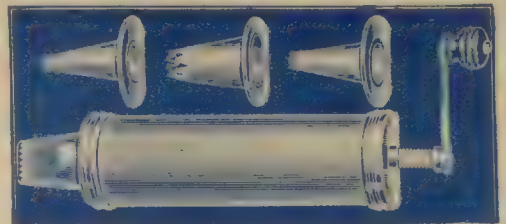
Grape	220—225°
Currant	218—220°
Crabapple	222—224°

*Consult Your
Cook Book*

TE 433

Ateco Cookie Maker

[SWEDISH SPRITZ SPRUTA.]



For All of US — At last a quick, clean, easy way to
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soft Cookie, Tarts and Jumble dough.

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13 200 BU. POTATOES.

Price

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CANADIAN CANNERS LIMITED.

PURELY CANADIAN

FRITES AU BLÉ D'INDE ET HOMARD

Pour 5 ou 6 personnes

1/2 boîte No. 2 (ou 1 boîte No. 1) Blé d'Inde sucré AYLME	1 tasse de farine
1 tasse homard en fragments	2 oeufs
2 cuil. à soupe de beurre fondu	1/2 de tasse de lait
	1/2 cuil. à thé de sel
	1/2 cuil. à thé de paprika

Ajouter le lait et le beurre aux oeufs bien battus. Incorporer les ingrédients secs tamisés et mélanger bien le tout. Ajouter le homard, le blé d'Inde et l'assaisonnement, puis verser, par cuillerées, dans de la graisse fondue (360-370°). Faire frire d'une belle couleur dorée. Retirer, égoutter puis servir promptement avec sauce au persil.

CROQUETTES AU BLÉ D'INDE SUCRÉ

(Pour 6 personnes)

1/2 boîte No. 2 Blé d'Inde sucré	1/2 tasse de farine
AYLME, égoutté	1/2 cuil. à thé de sel
1 oeuf	Pincée de poivre

Battre l'oeuf en mousse. Ajouter le blé d'Inde égoutté. Tamiser, sur le mélange, la farine, le sel et le poivre. Combiner le tout et verser, par cuillerées à thé, dans de la graisse; ou bien cuire à la graisse, dans une poêle, en faisant brunir les deux côtés. Servir avec bacon croustillant.

OMELETTE "CRÈME AU BLÉ D'INDE"

(Pour 6 personnes)

1 boîte No. 1 Blé d'Inde sucré	2 cuil. à thé "cornstarch"
AYLME	4 cuil. à soupe de lait
4 oeufs	Sel et poivre

Battre séparément les jaunes et les blancs d'oeufs. Mélanger ensemble le "cornstarch" le lait et blé d'Inde, puis ajouter aux jaunes battus. Verser le tout dans une poêle à omelette chaude bien beurrée, et étendre légèrement les blancs d'oeufs battus sur la moitié de l'omelette. Une fois cuite, on replie l'omelette par-dessus les blancs d'oeufs et on saupoudre de sel et poivre, puis on sert immédiatement.

CANAPÉ DE POULET AU BLÉ D'INDE

(Pour 6 personnes)

1/2 boîte No. 2 (ou une b. No. 1) blé d'Inde sucré	1/2 boîte de poulet AYLME (en dés)
AYLME	1 piment
1 tasse de lait	La moitié d'un poivre vert, assez gros
3 cuil. à soupe de beurre	1 cuil. à thé de sel
2 cuil. à soupe de farine	1/2 cuil. à thé de poivre

Faire chauffer le blé d'Inde et le lait. Mélanger 2 cuillerées de beurre fondu à la farine, puis y ajouter graduellement le lait chaud et le blé d'Inde, en agitant constamment jusqu'à épaississement. Couper le

Reserve of G. F. Stewart, Zanesville, O., the following consignment of merchandise, to be sold on commission.
Pay freight at the rate of 15 cents per cwt., and drayage at 2 cents.

WHEN guests are expected — men and women — the sort we want to please, and when everyone has been having chicken or turkey, roast beef or lamb, squabs or filet, we buy a large and glorious steak. It may be just plain broiled and y, or topped with a layer of golden brown onion rings, or newest oblest of all — a Baked Steak. So we start with a fresh and stim g assortment of *hors d'oeuvres* and we finish with a delicate des- because the steak is the headliner on this program.

Arrangement of Crab Meat in Aspic, Tomatoes Stuffed with Caviare and Anchovy Eggs
Cheese Pastries
Baked Steak, Mushrooms Ball Potatoes Green Beans
Radishes, Celery and Pickles
Small Poppy-Seed Rolls
Compote of Cranberries, Kumquats and Peaches
Meringue filled with Maple Mousse
Coffee

Appetizer Arrangement

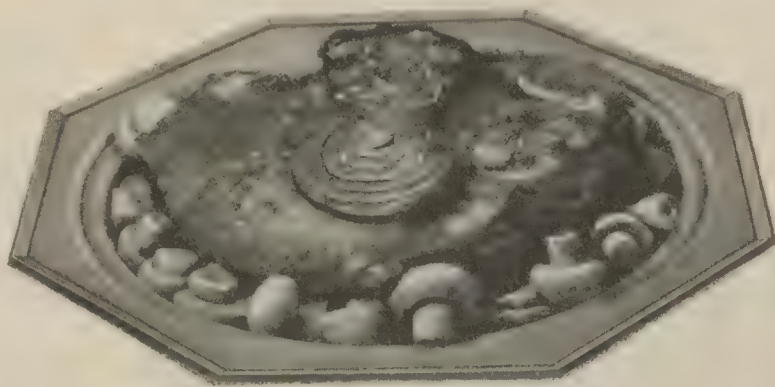
2 tablespoons gelatine
1/2 cup cold water
2 cups cleared brown stock or consomme
1 bay leaf
3 cloves
Salt and pepper
Stuffed olives

Crab meat
Grapefruit shell
Shredded lettuce
Mayonnaise
Tomatoes
Caviare
Stuffed eggs
Anchovies

often the gelatine in cold water. Heat the soup stock with the spices, add salt and pepper to taste, boil minutes, and strain into the line. This quantity is sufficient eight servings. A clear lemon may be used if a simpler one is desired.

Place a stuffed olive, pimiento down, in each of the required number of individual molds. Add added crab meat and fill with partly set aspic. Chill. In the center of a round serving platter, place a ring of shredded lettuce, place a hollowed out grapefruit, scalloped, and fill with may- aise. Around this, place a ring of tiny peeled and chilled toma- , scooped out a bit and filled with caviare, and then a ring of hard eggs, cut lengthwise, with anchovy placed on top of each. Then add an outer circle of the pic molds.

Heat the soup stock with the spices,



A thick baked steak, savory with onions, lemon, and catsup, is a piece de resistance which can be placed without hesitation before the most fastidious of guests.



Balls of potato and tiny stringless beans, all dressed generously with melted butter and sprinkled with finely chopped parsley, makes an appetizing combination.

Cheese Pastries

1/4 pound yellow cheese
1 cup flour
1/2 cup butter or margarine

1/4 teaspoon salt
Ice Water

Grate the cheese and mix with the flour. Add salt, cut in butter and add just enough water to make into a paste that can be handled. Knead very lightly, roll thin and cut into any desired shapes. Sprinkle with cheese and bake in a hot oven until delicately browned.

Time in cooking, 15 minutes.
Temperature, 425 degrees.

Recipe makes sixteen small pieces.

Baked Steak

2 to 3 inch boned sirloin
Marrow or butter
1 lemon
1 green pepper
2 large Bermuda onions
1 bottle catsup

Place the steak in a flat baking pan. Spread thickly with mar- row or butter or both and sprinkle with salt and pepper. Add a lay- er of thinly sliced lemon, and then one of chopped green pepper. Cover with slices of the onion. Over all pour the catsup. Place

(Continued on page 32)



California Fruit Salad

Plain salads, fancy salads—salads made with fresh fruits, salads made with canned fruits—no matter what the kind or what the ingredi- ents, Rubyettes belong! More than a novel and colorful decoration—they are part of the dish itself! A fruit that adds gusto and distinction to every salad you prepare.

Emrelette Water Ice

For an ice that's distinctly different, try this refreshing Emrelette dessert. It's the best water ice you ever put in your mouth! And see how simple it is:

4 cups water
2 cups sugar

Juice of 2 lemons
1/2 cup Emrelettes

Boil sugar and water together for 10 min- utes. Cool, and add lemon juice and Emrel- ettes. Freeze 15-20 minutes.



DUCHESS POTATOES

To two cups of hot riced potatoes add two table-spoons of butter, $\frac{1}{2}$ teaspoon salt and three egg yolks slightly beaten. Shape with the Cookie Maker around the steak on the plank, or the edge of the Casserole. Brush over with beaten egg diluted with a little water and brown in a hot oven.

VANILLA PRETZELS

- 3 $\frac{1}{4}$ C. Flour
1 $\frac{1}{4}$ C. Butter
 $\frac{1}{2}$ C. Sugar [14 tablespoons]
2 Eggs
 $\frac{1}{2}$ T. Vanilla

Mix thoroughly, put through the desired tube and bake in a hot oven. Ice when cool.

CHERRY STAR COOKIES

- $\frac{1}{2}$ C. Butter [14 T. B.]
1 $\frac{3}{4}$ C. Flour
7 oz. Almond Paste
3 Egg Whites
6 T. B. Powdered Sugar

Rub the butter and flour together until creamy; do the same with the almond paste, sugar and egg whites. Mix the two together to form a dough, moistening it as you mix with the juice of one lemon. Drop from the Cookie Maker in large dots. Bake in a quick oven and when done drop a fourth of a teaspoon of red marmalade in the center of each and sprinkle with granulated sugar.

ABBAZIAS

- 5 Eggs
2 $\frac{1}{4}$ C. Flour
2 $\frac{1}{4}$ C. Sugar
 $\frac{1}{2}$ C. Melted Butter
 $\frac{1}{2}$ T. Vanilla

Cream the eggs and sugar, mix in the flour, add the melted butter and vanilla. Put in the Cookie Maker and drop out as small bars on a greased and flour dusted baking sheet. Bake in a hot oven and when cool ice with chocolate icing.

New Fascination in Cooking and New Delights for the Family

Make the small fancy cakes of the Old World, in a fraction of the time, by using the Ateco Cookie Maker.

It is just the thing for making fancy Cookies, Tarts, Jumbles and Macaroons for afternoon teas and children's parties. It gives them the Caterer's look with the home flavor, and best of all for only the cost of materials. It is equally useful for garnishing a Planked Steak or a Casserole dish of "Left-overs."

Just pack Duchess Potatoes in the Cookie Maker, put on the desired forming tube, outline the border of the dish as heavily as you wish, and slip in the oven until a golden brown.

Cheese Croquettes

Mix equal parts of cheese, butter and flour, roll mixture to size to fit into Ateco Cookie-Maker, using any forming tube desired, and press out long strips, which cut to cracker size and bake until light straw color.

Can be made with grated cheese, cream cheese or pot cheese.

FRITES AU BLÉ D'INDE ET HOMARD

Pour 5 ou 6 personnes

- $\frac{1}{2}$ boîte No. 2 (ou 1 boîte No. 1) Blé d'Inde sucré AYLMER
1 tasse homard en fragments
2 cuill. à soupe de beurre fondu
 $\frac{1}{4}$ cuill. à thé de paprika

Ajouter le lait et le beurre aux oeufs bien battus. Incorporer les ingrédients secs tamisés et mélanger bien le tout. Ajouter le homard, le blé d'Inde et l'assaisonnement, puis verser, par cuillerées, dans de la graisse fondue (350-370°). Faire frire d'une belle couleur dorée. Retirer, égoutter puis servir promptement avec sauce au persil.

CROQUETTES AU BLÉ D'INDE SUCRÉ

Pour 6 personnes

- $\frac{1}{2}$ boîte No. 2 Blé d'Inde sucré AYLMER, égoutté
1 oeuf
1 tasse de farine
1 cuill. à thé de sel
Pincée de poivre

Battre l'oeuf en mousse. Ajouter le blé d'Inde égoutté. Tamiser, verser, par cuillerées à thé, dans de la graisse. Combiner le tout et faire frire dans une poêle, en faisant brunir les deux côtés. Servir avec bacon croustillant.

OMELETTE "CRÈME AU BLÉ D'INDE"

Pour 6 personnes

- 1 boîte No. 1 Blé d'Inde sucré AYLMER
4 oeufs
2 cuill. à thé "cornstarch"
4 cuill. à soupe de lait
Sel et poivre

Battre séparément les jaunes et les blancs d'oeufs. Mélanger ensemble le "cornstarch", le lait et le blé d'Inde, puis ajouter aux jaunes battus. Verser le tout dans une poêle à omelette chaude bien beurrée, et étendre légèrement les blancs d'oeufs battus sur la moitié de l'omelette. Une fois cuite, on replie l'omelette par-dessus les blancs d'oeufs et on saupoudre de sel et poivre, puis on sert immédiatement.

CANAPÉ DE POULET AU BLÉ D'INDE

Pour 6 personnes

- $\frac{1}{2}$ boîte No. 2 (ou une b. No. 1) Blé d'Inde sucré AYLMER (en dés)
1 tasse de lait
1 cuill. à soupe de beurre
2 cuill. à soupe de farine
 $\frac{1}{2}$ cuill. à thé de sel
 $\frac{1}{2}$ boîte de poulet AYLMER
1 piment
La moitié d'un poivre vert, assez gros
1 cuill. à thé de sel

Faire chauffer le blé d'Inde et le lait. Mélanger 2 cuillerées de beurre fondu à la farine, puis y ajouter graduellement le lait chaud et le blé d'Inde, en agitant constamment jusqu'à épaississement. Couper le

piment en allumettes d'un pouce de longueur, ainsi que le poivre vert. Ce dernier sera cuit dans une cuill. à soupe de beurre, en l'agitant pour l'empêcher de brûler. Ajouter piment, poivre vert, poulet et assaisonnement au mélange de blé d'Inde et servir chaud sur des doigts de pain grillé et beurré.

SOUFFLÉ AU BLÉ D'INDE

Pour 8 personnes

- 1 boîte No. 2 de blé d'Inde AYLMER
2 cuill. à soupe de beurre
2 cuill. à soupe de lait
1 tasse de lait
1 cuill. à thé de sel
Poivre, au goût
1 tasse de fromage râpé
3 oeufs

Faire fondre le beurre; ajouter farine, poivre et sel et mélanger. Ajouter graduellement le lait chaud, en agitant constamment et faire chauffer 2 minutes. Retirer, puis ajouter les 2 jaunes d'oeufs bien battus, le fromage et blé d'Inde et laisser refroidir. Ensuite, incorporer les blancs d'oeufs bien battus et faire brunir au four moyen (350°) en casserole beurrée trempant dans un plat d'eau. Servir chaud, au dîner.

CRÈME DE BLÉ D'INDE AU CÉLERI

(Soupe pour 6 personnes)

- 1 boîte No. 2 blé d'Inde sucré AYLMER
2 cuill. à soupe de beurre
2 cuill. à soupe de farine
1 cuill. à thé d'oignon haché
1 tasse de céleri haché
2 tasses de lait
3 tasses d'eau
1 cuill. à thé de sel
1 cuill. à thé de poivre

Faire "blanchir" le céleri et l'oignon à l'eau; ajouter le blé d'Inde et chauffer encore 10 minutes. Passer au tamis pas trop fin, ceci donnera 2 tasses de liquide et de pulpe. Tourner en sauce le beurre, la farine, les condiments et le lait chaud; y ajouter le jus et la pulpe obtenus. Piquer quelques brins de persil haché et servir la soupe bien chaude avec biscuits "soda." On peut amincir la soupe, en ajoutant du lait chaud.

POUDING "YORKSHIRE" AU BLÉ D'INDE SUCRÉ

Pour 6 personnes

- $\frac{1}{2}$ boîte No. 1 Blé d'Inde sucré AYLMER
1 oeuf
 $\frac{1}{2}$ tasse de lait
1 cuill. à thé de poudre à pâte
 $\frac{1}{2}$ cuill. à thé de sel
 $\frac{1}{4}$ tasse de farine

Battre un oeuf en belle mousse; ajouter un peu d'eau au lait, tamiser ensemble la farine, sel et poudre à pâte, puis y ajouter lait, oeuf et blé d'Inde. Battre le tout en pâte bien égale. Verser dans une léchefrite contenant $\frac{1}{2}$ " d'épais. de gras de boeuf fondu. Faire brunir au four chaud (400° F.) jusqu'à bonne consistance, et servir avec le rosbif.

ESCALOPE DE BACON AU BLÉ D'INDE

(Pour 6 personnes)

- 1 boîte No. 2 Blé d'Inde sucré AYLMER
1 poivre vert—petit
1 piment
2 cuill. à thé d'oignon haché fin
 $\frac{1}{2}$ cuill. à thé poivre
1 cuill. à thé sel
2 cuill. à soupe farine
2 cuill. à soupe beurre
2 tasses jus de blé d'Inde et lait
1 oeuf
 $\frac{1}{4}$ tasse miettes de biscuits beurrées

Égoutter le blé d'Inde; ajouter assez de lait au jus pour faire 2 tasses de liquide; faire chauffer. Trancher le poivre vert et le piment en baguettes d'un pouce, faire cuire l'oignon et le poivre vert au beurre. Ajouter la farine, sel et poivre, puis mélanger. Ajouter encore le jus de blé d'Inde au lait, en agitant jusqu'à épaississement. Combiner avec l'oeuf battu et le blé d'Inde. Verser dans un plat à rôti beurré; saupoudrer de miettes et barder de tranches de bacon. Cuisson au four jusqu'à ce que les miettes aient bruné et le bacon soit croustillant.

POIVRES VERTS FARCIS AU BLÉ D'INDE

(Pour 6 personnes)

- $\frac{1}{2}$ boîte No. 2 blé d'Inde sucré AYLMER (ou 1 boîte No. 1)
10 biscuits "Soda"
1 tasse tomates AYLMER
1 à 2 tasses jambon en cubes
6 poivres verts, moyens
1 cuill. à soupe oignon haché
2 cuill. à soupe persil haché
2 oeufs
Sel

Emettre les biscuits au rouleau; couper le jambon cuit en dés. Battre les oeufs en neige. Mélanger tous les ingrédients, excepté les poivres; auxquels, après lavage, on coupera les pointes et enlèvera les graines, puis on remplira du mélange. On les mettra au four dans un plat contenant un peu d'eau. Faire chauffer à 450° au four jusqu'à ce que les poivres soient tendres et la garniture bien dorée.

ESCALOPE DE SAUMON AU BLÉ D'INDE

(Pour 6 personnes)

- $\frac{1}{2}$ boîte No. 2 Blé d'Inde sucré AYLMER (ou 1 boîte No. 1)
1 grosse boîte de saumon
1 tasse de céleri en dés
3 cuill. à soupe de beurre
3 cuill. à soupe de farine
 $\frac{1}{2}$ tasse de croutons émiettés, beurrés
1 tasse de lait
 $\frac{1}{2}$ poivre vert
1 cuill. à thé de sel
 $\frac{1}{2}$ cuill. à thé de poivre

Faire cuire le céleri à l'eau pour l'attendrir; égoutter. Trancher le poivre vert en bandes d'un demi-pouce qu'on fera cuire avec une cuill. à soupe de beurre, pour empêcher de brûler. Faire chauffer le lait et le blé d'Inde. Fondre le reste du beurre, ajouter la farine, puis mélanger. Ajouter graduellement le lait et le blé d'Inde en agitant jusqu'à épaississement. Ajouter céleri, poivre vert, saumon émietté et condiments et verser le tout dans un plat beurré. Saupoudrer de croutons beurrés et faire brunir au four chaud.

PURELY CANADIAN

Receive of G. F. Stewart, Zanesville, O., the following consignment of merchandise, to be sold on commission. Pay freight at the rate of 15 cents per cwt., and drayage at 2 cents.

WHEN guests are expected — men and women — the sort we want to please, and when everyone has been having chicken or turkey, roast beef or lamb, squabs or filet, we buy a large and glorious steak. It may be just plain broiled and fry, or topped with a layer of golden brown onion rings, or newest of all — a Baked Steak. So we start with a fresh and stimulating assortment of *hors d'oeuvres* and we finish with a delicate des because the steak is the headliner on this program.

- Arrangement of Crab Meat in Aspic, Tomatoes Stuffed with Caviare and Anchovy Eggs
 Cheese Pastries
 Baked Steak, Mushrooms Ball Potatoes Green Beans
 Radishes, Celery and Pickles
 Small Poppy-Seed Rolls
 Compote of Cranberries, Kumquats and Peaches
 Meringue filled with Maple Mousse
 Coffee

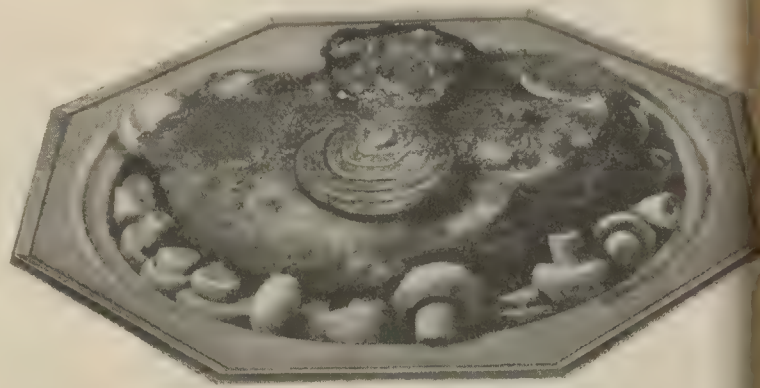
Appetizer Arrangement

- 2 tablespoons gelatine
 1/2 cup cold water
 2 cups cleared brown stock or consommé
 1 bay leaf
 3 cloves
 Salt and pepper
 Stuffed olives
- Crab meat
 Grapefruit shell
 Shredded lettuce
 Mayonnaise
 Tomatoes
 Caviare
 Stuffed eggs
 Anchovies

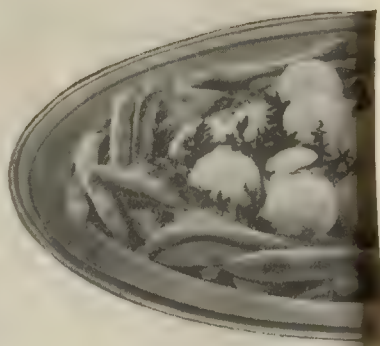
Soften the gelatine in cold water. Bring salt and pepper to taste, boil minutes, and strain into the fine. This quantity is sufficient for eight servings. A clear lemon juice may be used if a simpler one is desired.

Place a stuffed olive, pimiento down, in each of the required number of individual molds. Add the crab meat and fill with partly set aspic. Chill. In the center of a round serving platter, place a ring of shredded lettuce, place a hollowed out grapefruit, scalloped, and fill with mayonnaise. Around this, place a ring of tiny peeled and chilled tomato-scooped out a bit and filled with caviare, and then a ring of stuffed eggs, cut lengthwise, with anchovy placed on top of each. Then add an outer circle of the poppy molds.

Heat the soup stock with the spices,



A thick baked steak, savory with onions, lemon, and catsup, is a piece of resistance which can be placed without hesitation before the most fastidious of guests.



Balls of potato and cheese, generously topped with melted cheese and chopped parsley, make a delicious appetizer.

- 1/4 pound yellow cheese
 1 cup flour
 1/2 cup butter or margarine

Grate the cheese and mix with flour. Add just enough water to make a stiff dough. Roll thin and cut into circles. Bake in a hot oven.

How

MENU making is a science. Plant presents any other house of course, including under test, but since many of the Proving is a balanced, not merely showing out of the way. We have to remember that a point of milk every day, one of them green, and nutritionists: we have to see that meat or other protein is present in adequate balance. There is sufficient strength required number of calories, as far as possible, for members of the family catering to individual tastes. Favorite dishes make the

SUCCOTASH

Pour 10 personnes

- 1 boîte No. 2 de Blé d'Inde
 2 tasses grosses fèves blanches
 sucre AYLNER
 Beurre, sel et poivre

CHAMPIGNONS FARCIS AU BLÉ D'INDE

Pour 6 personnes

- 6 cuill. à soupe de Blé d'Inde
 6 gros champignons
 sucre AYLNER
 Beurre, sel et poivre

Enlever un peu du jus au blé d'Inde. Peler les champignons et enlever les tiges. Faire sauter les têtes entières dans du beurre dans une poêle couverte. Réchauffer le blé d'Inde dans du beurre, avec sel et poivre, puis farcir les têtes de champignons, puis en servir une à chaque convive, avec la viande.

MARINADE AU BLÉ D'INDE SUCRÉ

- 3 boîtes No. 2 de blé d'Inde
 2 tasses de sucre
 sucre AYLNER
 1/4 tasse de sel
 1 chou
 1 pinte de vinaigre
 4 gros oignons
 1/2 tasse de farine
 3 poivres verts
 1/2 tasse de moutarde en poudre
 1 pied de céleri

Hacher les légumes; mélanger avec les condiments mêlés à sec; ajouter le vinaigre; faire cuire, puis embouteiller. Servir avec les viandes froides.

PAIN GRILLÉ AU BLÉ D'INDE, À L'ESPAGNOLE

Pour 6 personnes

- 1 boîte No. 2 Blé d'Inde sucré
 4 cuill. à soupe sauce Chili
 AYLNER
 1 cuill. à soupe oignon haché
 3 cuill. à soupe de beurre
 2 cuill. à soupe poivres verts
 1/2 cuill. à soupe de "cornstarch"
 hachés
 1 cuill. à thé de sel
 1 tasse tomates AYLNER
 1/2 cuill. à thé de poivre

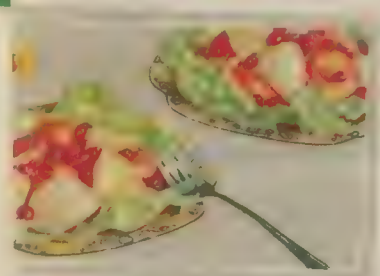
Faire cuire l'oignon et le poivre vert dans du beurre, pour attendrir. Mélanger le "cornstarch" à un peu de tomate, puis introduire tout le reste des ingrédients. Faire cuire en agitant, jusqu'à épaississement. On servira sur pain grillé.

BLÉ D'INDE SUCRÉ À LA MÉRIDIONALE

(Pour 6 personnes)

- 1 boîte No. 2 blé d'Inde sucré
 1/2 cuill. à thé de poivre
 AYLNER/ou une boîte No.1
 1 1/2 cuill. à soupe de beurre
 2 oeufs
 fondu
 1 cuill. à thé de sel
 1 chopine de lait échaudé et jus de blé d'Inde

Battre les oeufs légèrement; ajouter au blé d'Inde égoutté et haché. Ajouter au jus de blé d'Inde assez de lait pour faire une chopine, puis faire échauder ce liquide, et combiner au reste. Verser dans un plat beurré puis mettre au four (300°), jusqu'à fermeté suffisante et couleur dorée. Servir comme légume.



California Fruit Salad

Many salads—salads made with fruits made with canned fruits—of the kind or what the ingredients belong! More than a novel and interesting—they are part of the dish that adds gusto and distinction to your prepare.

Lette Water Ice

is distinctly different, try this Lette dessert. It's the best water in your mouth! And see how

- Juice of 2 lemons
 1/4 cup Emrelettes



water
 1 min-
 add
 lemon juice and Emre-
 lettes. Freeze 15-20
 minutes.



SET No 672

A Few Suggestions

DEEP FAT FRYING

French Fried Potatoes	- - - 390°
Doughnuts	- - - 370°
Oysters	- - - 375—390°

CANDY MAKING

Fudge	- - - 234°
Cake Icing	- - - 240°
Taffy	- - - 260—270°

JELLY MAKING

Grape	- - - 220—225°
Currant	- - - 218—220°
Crabapple	- - - 222—224°

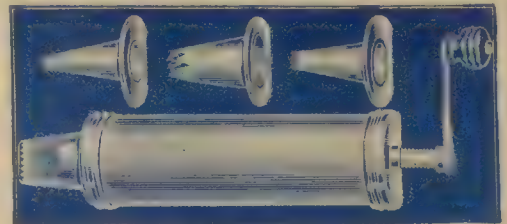
*Consult Your
Cook Book*

No.

TE 433

Ateco Cookie Maker

[SWEDISH SPRITZ SPRUTA.]



For All of US — Who like to Cook At last a quick, clean, easy way to handle with perfect results the soft Cookie, Tarts and Jumble dough.

Made by AUG. THOMSEN & CO. 490 Woodward Ave., Brooklyn, N. Y.

CONSIGNMENT NO. 3.

13 200 BU. POTATOES.

Price

CONSIGNMENT NO. 3.

14 450 BU. SHELLED CORN.

1

Price

charge

ment
Business



Harvest Scene in a Niagara Peach Orchard

Compare The Flavour

Open a tin of AYLMER Canadian Peaches, and compare the flavour with any brand of imported peaches on the market.

The result of this comparison will furnish you with undeniable proof that AYLMER Canadian Fruits are away ahead in flavour.

AYLMER Peaches are the famous Niagara Freestone Peaches . . . picked ripe from the tree . . . luscious and juicy . . . just as you enjoy them in the summertime . . . all of the freshness and fine natural flavour are fully retained by the AYLMER process of canning.

Chère amie,

Je n'aurais vraiment jamais pensé qu'il y eût tant de délicieuses recettes à base de blé d'Inde, si je ne m'étais mis en tête d'en rassembler les plus utiles pour ce livret. Il me plairait de vous voir les essayer toutes, car je les ai choisies avec grand soin; toutes sont faciles à préparer, très pratiques, et la plupart sont très économiques.

Permettez-moi d'insister un moment sur un point important: Comme c'est le blé d'Inde qui constitue l'ingrédient principal de ces recettes, il est logique de penser que la qualité dont on fait usage doit avoir la plus grande influence sur les résultats obtenus. Je ne puis donc mieux faire que de vous recommander l'emploi du blé d'Inde sucré AYLMER, dont la qualité est insurpassable, et toujours uniforme.

Comme je passe mon temps aux divers Services de Recherches AYLMER, j'ai appris qu'il existe de fortes différences entre diverses qualités de blé d'Inde et diverses conditions d'une même espèce. Au point de vue diététique, je puis affirmer que le blé d'Inde AYLMER correspond exactement au blé d'Inde "frais enlevé de l'épi." Ceci provient du fait que ce blé d'Inde est toujours cueilli et mis en conserve le même jour, dans des boîtes de fer-blanc à intérieur émaillé, ce qui préserve toute sa saveur et sa couleur naturelles.

J'ose espérer que vous ferez bientôt l'essai de quelques-unes de mes recettes. . . . Il fait toujours plaisir de servir des mets qui enchantent toute la famille . . . et n'oubliez pas que le blé d'Inde, sous toutes ses formes, est un des végétaux les plus précieux dans la bonne alimentation humaine.

Mes meilleurs souhaits.

Jean Abbott.

(Service Diététique, Canadian Cannery Limited)

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Arrangement of Crab Meat in Aspic, Tomatoes Stuffed with Caviare and Anchovy Eggs
Cheese Pastries
Baked Steak, Mushrooms Ball Potatoes Green Beans
Radishes, Celery and Pickles
Small Poppy-Seed Rolls
Compote of Cranberries, Kumquats and Peaches
Meringue filled with Maple Mousse
Coffee

Appetizer Arrangement

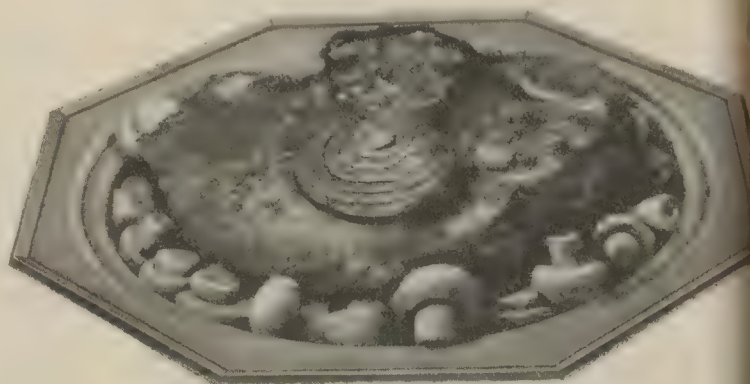
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1 cup cold water
2 cups cleared brown stock or consomme
1 bay leaf
3 cloves
Salt and pepper
Stuffed olives

Crab meat
Grapefruit shell
Shredded lettuce
Mayonnaise
Tomatoes
Caviare
Stuffed eggs
Anchovies

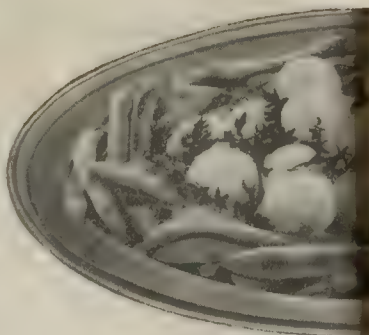
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Place a stuffed olive, pimiento down, in each of the required number of individual molds. Add the crab meat and fill with partly set aspic. Chill. In the center of a round serving platter, place a hollowed out grapefruit, scalloped, and fill with mayonnaise. Around this, place a ring of thinly peeled and chilled tomato, scooped out a bit and filled with caviare, and then a ring of stuffed eggs, cut lengthwise, with anchovy placed on top of each. Then add an outer circle of the aspic molds.

Heat the soup stock with the spices,



A thick baked steak, savory with onions, lemon, and catsup, is a piece of resistance which can be placed without hesitation before the most fastidious of guests.



Balls of potato and meat, generously with melted butter, chopped parsley, and onion.

1/4 pound yellow cheese
1 cup flour
1/2 cup butter or margarine

Grate the cheese and mix with flour. Add just enough water to make a very light dough. Roll thin and cut into balls. Bake in a hot oven.

How

Menu making is a plant presents any other house of course, including under test, but since the Proving is balanced, not merely showing out of the world, we have to remember that a pint of milk every day, one of them green, and nutritionists: we have to select meat or other protein present in adequate but there is sufficient strength required number of calories, as far as possible, as members of the catering to individual favorite dishes make to

GALETTES AU BLÉ D'INDE SUCRÉ

(Pour 6 personnes)

1/2 boîte No. 2 Blé d'Inde sucré AYLMEER, ou 1 boîte No. 1
2 oeufs bien battus
1 1/2 tasse de lait
2 1/2 cuill. à thé Poudre à pâte
1 1/2 cuill. à thé de sel
1 cuill. à soupe de sucre
2 tasses de farine

Battre les oeufs en mousse légère. Incorporer le lait. Tamiser les ingrédients secs, et ajouter le mélange de lait et oeufs. Battre le tout jusqu'à ce qu'il soit uniforme et léger; ajouter le blé d'Inde. Verser à cuillerées sur une tôle à cuire ou dans la poêle. Quand des bulles d'air se formeront dans les galettes, on les retourne pour faire brunir l'autre côté. Servir avec du beurre, du miel ou du sirop. Si le blé d'Inde est très humide, on l'égouttera avant de l'ajouter au mélange liquide.

BLÉ D'INDE SUCRÉ SAUTÉ

(Pour 5 ou 6 personnes)

1 boîte No. 2 Blé d'Inde sucré AYLMEER
3 cuill. à soupe de beurre
Sel et poivre
Faire fondre le beurre; ajouter le blé d'Inde et les condiments. Chauffer graduellement, en brassant bien et servir très chaud, comme légume, avec la viande.

FRITES DE BLÉ D'INDE SUCRÉ

(Pour 6 personnes)

1 boîte No. 2 blé d'Inde sucré AYLMEER, égoutté
3/4 tasse jus de blé d'Inde et lait
1 cuill. à soupe de beurre fondu
1 1/2 tasse de farine
3 cuill. à thé de poudre à pâte
1 cuill. à thé de sel
1/2 cuill. à thé de poivre
2 oeufs

Égoutter le blé d'Inde et y ajouter les oeufs bien battus. Mélanger le lait au jus de blé d'Inde enlevé, pour faire 3/4 tasse, puis ajouter avec les oeufs et blé d'Inde combinés, aux ingrédients secs. Battre jusqu'à mélange parfait. Ajouter le beurre fondu. Verser, par grandes cuillerées, sur tôle à cuire ou poêle bien graissée. Si cette friture est faite dans de la graisse (360°), on mettra 2 tasses de farine au lieu de 1 1/2 tasse mentionnée. Servir avec bacon ou côtelettes de porc.



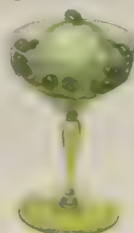
Fruit Salad

Salads—salads made with fruit—made with canned fruits—any kind or what the ingredients! More than a novel and interesting—they are part of the dish that adds gusto and distinction to prepare.

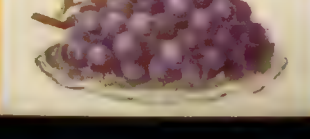
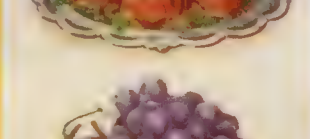
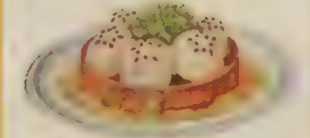
Water Ice

Distinctly different, try this as a dessert. It's the best water ice for your mouth! And see how

Juice of 2 lemons
1/2 cup Emrelettes



After min- and add lemon juice and Emrelettes. Freeze 15-20 minutes.



SET No 672

A Few Suggestions

DEEP FAT FRYING

French Fried Potatoes	- - -	390°
Doughnuts	- - -	370°
Oysters	- - -	375—390°

CANDY MAKING

Fudge	- - -	234°
Cake Icing	- - -	240°
Taffy	- - -	260—270°

JELLY MAKING

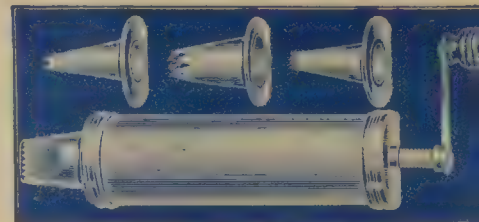
Grape	- - -	220—225°
Currant	- - -	218—220°
Crabapple	- - -	222—224°

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Cook Book*

TE 433

Ateco Cookie Maker

[SWEDISH SPRITZ SPRUTA.]



For All of US — At last a quick, clean, easy
Who like to Cook handle with perfect result
soft Cookie, Tarts and Jumble

Made by AUG. THOMSEN & CO. 490 Woodward Ave., Brooklyn

CONSIGNMENT NO. 3.

13 200 BU. POTATOES.

Price

CONSIGNMENT NO. 3.

14 450 BU. SHELLLED CORN.

AYLMER FRUITS

AYLMER MARSHMALLOW PEACH

Drain liquid from a No. 2 'squat tin AYLME Peach. Place 1/2 marshmallow on each peach cavity. Brown marshmallow in oven at 400°F. Sprinkle with chopped salted peanuts. Serve hot or cold.

AYLMER PEACH SHORTCAKE

Make your favourite layer cake. Drain peaches from 1 No. 2 'squat tin AYLME Peach. Save four halves for decorating and mash remainder with silver fork. Place between layers. On top layer pile whipped cream and decorate with halves which have been cut in quarters or eighths.

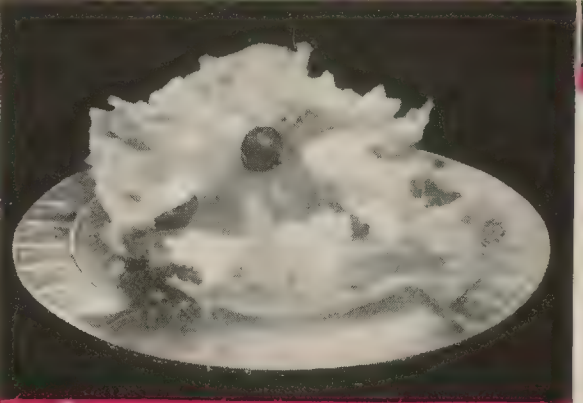
AYLMER PEACH TRIFLE

(serves 5-6)

Make a custard of 2 cups milk, 2 egg yolks and 2 tablespoons sugar. Add 1 tablespoon cornstarch dissolved in 1 tablespoon cold water. When cooked chill. Fold in stiffly beaten egg whites. Drain liquid from 1 No. 2 'squat tin AYLME Peach. Using individual serving glasses arrange 1 half peach in bottom of each and another half cut into eighths lining sides. Pour in custard, garnish with nuts or maraschino cherries.

FRITES AU BLÉ D'INDE ET HOMARD

(Pour 5 ou 6 personnes)



AYLMER Peach Jelly Salad
(See Recipe Below)

AYLMER PEACH MAGIC

(serves 4)

Drain and mash 1 tin No. 2 'squat AYLME Peach. Add 1/2 cup whipping cream, stiffly beaten, 1 tablespoon sugar and 1/2 cup peanuts or walnuts chopped. Pile into serving glasses. Chill. Decorate with nuts or cherries.

AYLMER PEACH JELLY SALAD

(serves 4)

Drain syrup off 1 tin No. 2 'squat AYLME Peach. Add enough water to syrup to make 2 cups liquid. Heat to boiling point. Add 1 lemon jelly powder and stir until dissolved.

When set, unmould on lettuce leaf. Decorate with whipped cream, peaches and cherries.

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Cheese Pastries
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Radishes, Celery and Pickles
Small Poppy-Seed Rolls
Compote of Cranberries, Kumquats and Peaches
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Appetizer Arrangement

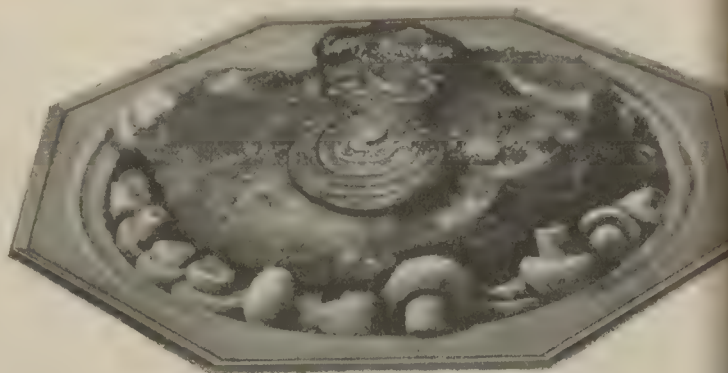
2 tablespoons gelatine
1 cup cold water
2 cups cleared brown stock or consommé
1 bay leaf
3 cloves
Salt and pepper
Stuffed olives

Crab meat
Grapefruit shell
Shredded lettuce
Mayonnaise
Tomatoes
Caviare
Stuffed eggs
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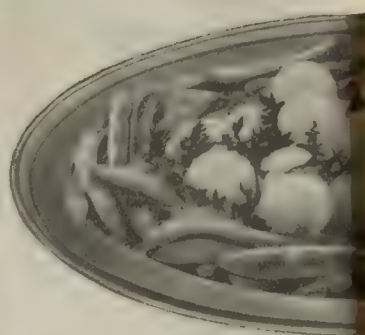
Soften the gelatine in cold water. Add salt and pepper to taste, boil 5 minutes, and strain into the fine. This quantity is sufficient for eight servings. A clear lemon juice may be used if a simpler one is desired.

Place a stuffed olive, pimiento down, in each of the required number of individual molds. Add the crab meat and fill with the partly set aspic. Chill. In the center of a round serving platter, place a ring of shredded lettuce, place a hollowed out grapefruit, scalloped, and fill with mayonnaise. Around this, place a ring of peeled and chilled tomatoes, scooped out a bit and filled with caviare, and then a ring of hard-boiled eggs, cut lengthwise, with anchovy placed on top of each. Then add an outer circle of the aspic molds.

Heat the soup stock with the spices,



A thick, buttery steak, savory with onions, lemon, and catsup is a piece de resistance which can be placed without hesitation before the most fastidious of guests.



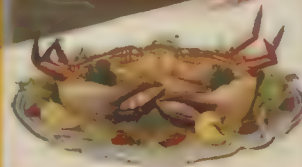
Balls of potato and cheese generously with melted cheese and chopped parsley, marinated.

1/4 pound yellow cheese
1 cup flour
1/2 cup butter or margarine

Grate the cheese and mix with flour. Add just enough water to make a stiff dough. Roll thin and cut out. Bake in a hot oven.

How

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"FRESH FROM CANADIAN ORCHARDS"

AYLMER BAKED PEACHES (serves 4-6)

Drain syrup from 1 tin AYLMER Peaches. Lay peach halves pit side down in baking pan. Do not allow to touch. Sprinkle each half lightly with brown sugar, add 1/2 teaspoon lemon juice and bake in oven at 425° F. until brown. If peaches become dry during baking, pour over them some of the peach juice. Remainder of juice excellent for beverages or jelly.

AYLMER STUFFED PEACH SALAD (serves 4-6)

Chill 1 tin AYLMER Peaches. Drain off juice. Mix your favourite cottage or cream cheese with peach juice and chopped nuts. Stuff centres of peaches and arrange in pairs with stuffed centres together. Allow one whole peach to each, serving on crisp lettuce leaf. Decorate with nuts. Reserve remainder of peach juice for beverages or jelly.

AYLMER PEACH MOUSSE (serves 4-6)

Drain syrup off 1 tin AYLMER Peaches. Mash peaches with fork. Whip 1/2 pint whipping cream until stiff, with 4 teaspoons sugar, then fold in mashed peaches. Place in refrigerator tray for at least two hours. Cut with sharp knife into slices and serve as dessert. Reserve syrup for beverages or jelly.

5 Tasty Ways To Serve

AYLMER PEACH HALVES

1. Place one scoop or spoonful vanilla Ice Cream in a sherbet glass. Cap this with a half peach, garnish with a cherry or whipped cream.
2. Stuff peach cavity with chopped nuts and dates. Serve with cream as a dessert or on lettuce leaves with a salad dressing.
3. Roll half peaches in cocoanut and fill cavity with ice cream or a water ice.
4. Peach Cream Tart. Serve peach halves in baked tart shells, garnishing with whipped cream.
5. Fill cavity of each peach with diced pineapple, which has been blended with fruit salad dressing. Place peach halves on lettuce. Garnish with chopped toasted almonds.

AYLMER APPLE FLUFF (serves 5)

Whip until stiff 1/2 cup whipping cream. Fold in 1 No. 2 squat tin AYLMER Apple sauce, 1/2 cup shredded cocoanut. Chill. Pile into sherbet glasses, top with whipped cream and decorate with cherry, nuts or cocoanut.



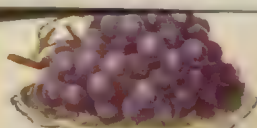
Harvest Scene in a Niagara Peach Orchard

Compare The Flavour

Open a tin of AYLMER Canadian Peaches, and compare the flavour with any brand of imported peaches on the market.

The result of this comparison will furnish you with undeniable proof that AYLMER Canadian Fruits are away ahead in flavour.

AYLMER Peaches are the famous Niagara Freestone Peaches . . . picked ripe from the tree . . . luscious and juicy . . . just as you enjoy them in the summertime . . . all of the freshness and fine natural flavour are fully retained by the AYLMER process of canning.



SET No 672

A Few Suggestions

DEEP FAT FRYING

French Fried Potatoes	- - - 390°
Doughnuts	- - - 370°
Oysters	- - - 375—390°

CANDY MAKING

Fudge	- - - 234°
Cake Icing	- - - 240°
Taffy	- - - 260—270°

JELLY MAKING

Grape	- - - 220—225°
Currant	- - - 218—220°
Crabapple	- - - 222—224°

*Consult Your
Cook Book*

TE 433

Ateco Cookie Maker

[SWEDISH SPRITZ SPRUTA.]



For All of US —
Who like to Cook

At last a quick, clean, easy way to
handle with perfect results the
soft Cookie, Tarts and Jumble dough.

Made by AUG. THOMSEN & CO. 490 Woodward Ave., Brooklyn, N. Y.

CONSIGNMENT NO. 3.

13 200 BU. POTATOES.

CONSIGNMENT NO. 3.

14 450 BU. SHELLD CORN.

FRITES AU BLÉ D'INDE ET HOMARD
Pour 5 ou 6 personnes

ALWAYS CHOOSE

AYLMER FRUITS FOR

NATURAL FLAVOUR

AYLMER PINEAPPLE CAKE

1/3 cup butter	1 egg
2/3 cup brown sugar	2 to 2 1/2 cups flour
3 teaspoons Baking Powder	1 No. 2 squat tin AYLME Pineapple

Cream butter, add sugar and blend well, then add well beaten egg. Drain AYLME Pineapple and measure flour after sifting, add baking powder to flour, then add this alternately with 3/4 cup pineapple juice to mixture. Beat well.

Cover bottom of buttered cake pan with slices of pineapple. Pour over batter and bake at 375°F for 35-45 minutes. Turn out of pan, decorate with maraschino cherry in centre of each pineapple ring. Serve with whipped cream.

AYLMER GRAPEFRUIT JELLY (serves 4)

Drain juice from 1 No. 2 squat tin of AYLME Grapefruit. Add enough water to make 1 1/2 cups liquid and heat to boiling point. Dissolve 1 1/2 tablespoons gelatine in cold water. Add to hot liquid. Also sugar if desired. Save 6 sections of grapefruit for garnishing. Arrange layer of grapefruit in bottom of moistened mould, cover with liquid and allow to set. Repeat. Chill and just before serving unmould, decorate with red and green cherries and sections of grapefruit.

AYLMER PINEAPPLE AND CHICKEN SALAD (serves 5)

1 cup AYLME Boneless Chicken (diced)	1 cup chopped celery
1 cup AYLME Pineapple (diced)	1/2 cup chopped walnuts
	Salad dressing

Combine ingredients and chill. Pile on to lettuce leaves, add more salad dressing if desired, sprinkle with paprika and decorate with parsley.

AYLMER PEAR JELLY

Drain syrup off 1 tin No. 2 squat AYLME Pears. Add enough water to syrup to make 2 cups liquid and heat to boiling point. Add 2 tablespoons lemon juice and also 1 tablespoon sugar if desired.

Soften 2 tablespoons gelatine in 1/4 cup cold water, add to hot mixture. Pour into moistened moulds. Allow to set. Unmould and serve with whipped cream. (Pears may be cut in sections and moulded in jelly.)

AYLMER PEAR SALAD (serves 4 or 5)

Chill 1 No. 2 squat tin AYLME Pears. Drain liquid from pears. Fill cavity of pear with chopped date and stick halves together, cavities facing. Arrange on lettuce leaf. Pour over salad dressing, sprinkle with paprika and decorate with parsley and cheese balls.

Pears and cheese may be tinted to harmonize with particular colour scheme.

AYLMER APRICOT WHIP (serves 6)

Drain liquid from 1 No. 2 squat tin AYLME Apricots. Mash. Whip until stiff 1/2 cup whipping cream with 2 tablespoons sugar. Fold into apricots and pile into sherbet glasses. Chill. Decorate with maraschino cherries or nuts.

6 Marshmallows may be softened in apricot liquid then added to mashed apricots before combining with whipped cream.

For further variation add also 1/2 cup chopped nuts.

AYLMER APRICOT TARTS (makes 8)

After rolling out pastry, shape in muffin tins. Drain liquid from 1 No. 2 squat tin of AYLME Apricots. Mash. Add 1/2 tablespoon lemon juice and put into patty shells. Bake at 425°F 20 minutes, remove from oven and add meringue made from 1 egg white and 1 tablespoon sugar. Return to oven until slightly browned.

AYLMER Fruits
are canned in Canada
by
Canadian Cannery Limited
Hamilton, Canada

Receive of G. F. Stewart, Zanesville, O., the following consignment of merchandise, to be sold on commission.
Pay freight at the rate of 15 cents per cwt., and drayage at 2 cents.

WHEN guests are expected — men and women — the sort we want to please, and when everyone has been having chicken or turkey, roast beef or lamb, squabs or filet, we buy a large and glorious steak. It may be just plain broiled and y, or topped with a layer of golden brown onion rings, or newest blest of all — a Baked Steak. So we start with a fresh and stim- g assortment of *hors d'oeuvres* and we finish with a delicate des- because the steak is the headliner on this program.

- Arrangement of Crab Meat in Aspic, Tomatoes Stuffed with Caviare and Anchovy Eggs
 Cheese Pastries
 Baked Steak, Mushrooms Ball Potatoes Green Beans
 Radishes, Celery and Pickles
 Small Poppy-Seed Rolls
 Compote of Cranberries, Kumquats and Peaches
 Meringue filled with Maple Mousse
 Coffee

Appetizer Arrangement

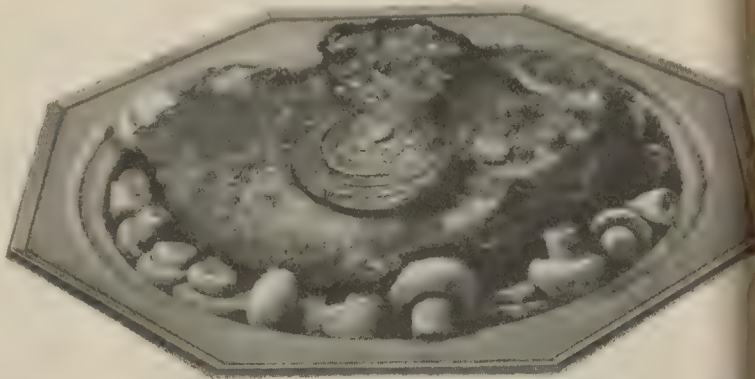
- 2 tablespoons gelatine
 1 cup cold water
 2 cups cleared brown stock or consomme
 Bay leaf
 3 cloves
 Salt and pepper
 Stuffed olives

- Crab meat
 Grapefruit shell
 Shredded lettuce
 Mayonnaise
 Tomatoes
 Caviare
 Stuffed eggs
 Anchovies

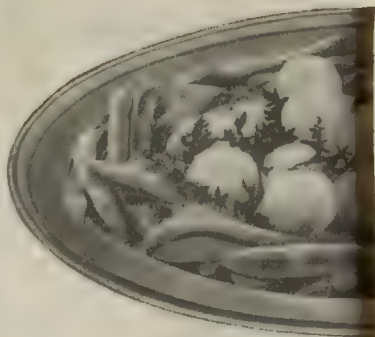
Soften the gelatine in cold water. Add salt and pepper to taste, boil 5 minutes, and strain into the mold. This quantity is sufficient for eight servings. A clear lemon juice may be used if a simpler one is desired.

Place a stuffed olive, pimiento down, in each of the required number of individual molds. Add the crab meat and fill with partly set aspic. Chill. In the center of a round serving platter, place a ring of shredded lettuce, with a hollowed out grapefruit, scalloped, and fill with mayonnaise. Around this, place a ring of thinly peeled and chilled tomato, scooped out a bit and filled with caviare, and then a ring of stuffed eggs, cut lengthwise, with anchovy placed on top of each. Then add an outer circle of the aspic molds.

Heat the soup stock with the spices,



A thick baked steak, savory with onions, lemon, and catsup, is a piece de resistance which can be placed without hesitation before the most fastidious of guests.



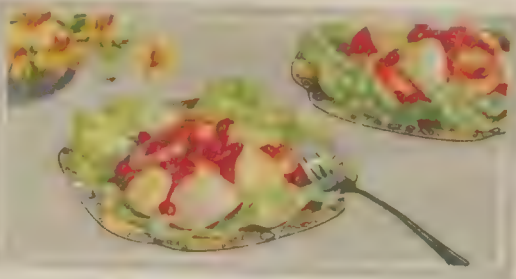
Balls of potato and cheese, generously with melted cheese and chopped parsley, melted.

- 1/4 pound yellow cheese
 1 cup flour
 1/2 cup butter or margarine

Grate the cheese and mix with flour. Add just enough water to make a stiff dough. Roll very lightly, roll thin and cut into balls. Bake in a hot oven.

How

MENU making Plant presents any other house of course, including under test, but since the Proving is balanced, not merely owing out of the way, we have to remember that a pint of milk every day, one of them green, and tionists; we have to see meat or other protein present in adequate but there is sufficient strength required number of calories, as far as possible, for our members of the catering to individual favorite dishes make for



California Fruit Salad

Plain salads, fancy salads—salads made with fresh fruits, salads made with canned fruits—no matter what the kind or what the ingredients, Rubettes belong! More than a novel and colorful decoration—they are part of the dish itself! A fruit that adds gusto and distinction to every salad you prepare.

Emrelette Water Ice

For an ice that's distinctly different, try this refreshing Emrelette dessert. It's the best water ice you ever put in your mouth! And see how simple it is:

- 4 cups water
 2 cups sugar

- Juice of 2 lemons
 1/2 cup Emrelettes

Boil sugar and water together for 10 minutes. Cool, and add lemon juice and Emrelettes. Freeze 15-20 minutes.





125	Bu. T
100	Lbs. C
200	" C
50	Bu. G

No.

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17 125 BU. NAVY BEANS.
 Price \$1.

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(Usage du Lux pour la lingerie délicate)

M Union Commission Co.

Chicago, Ill., 19



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All Claims for Shortage or Damage Must be Made upon Receipt of Goods.

No.	600	Lbs. Bacon	.08	48	
	140	Bbls. Russet Apples	1.15	161	
	100	Bu. Shelled Corn	.31	31	
	500	Lbs. Dried Prunes	.06	30	270

Démonstrations d'Arts
Domestiques
AU FORUM

sous les auspices de

LA PRESSE

avec la coopération de
L'ÉCOLE CANADIENNE
DES SCIENCES
DOMESTIQUES



Recettes dont se servira
Mlle Hélène Chagnon

JEUDI, 11 MAI 1933

JAMBON CUIT

- 1 jambon roulé
2 tasses de jus d'ananas
1 tasse de sucre brun

- 1 cuillerée à thé d'épices mélangées
Clous de girofle

Décorez la surface du jambon avec des clous de girofle. Mélangez le sucre, les épices et le jus d'ananas. Versez ce mélange sur le jambon. Faites cuire à une température de 350 degrés; arrosant fréquemment. Faites cuire les tranches d'ananas avec le jambon, une demi-heure avant de l'enlever du four.

SORBET AU GINGER ALE

- 1/2 tasse de sucre
1/2 tasse d'eau
2 cuillerées à table de jus de citron
1 tasse d'ananas tranchés

- 1 blanc d'oeuf
1 tasse de Ginger Ale
1 cuillerée à table de sirop de blé-d'Inde

Faites un sirop avec le sucre, l'eau et le sirop de blé-d'Inde. Faites refroidir. Ajoutez le jus de citron et les ananas. Ajoutez le blanc d'oeuf non battu, et battez le tout. Versez dans le tiroir du REFRIGERATEUR GENERAL ELECTRIC et faites congeler environ une heure et demie.

SALADE A LA GELEE DE TOMATES

- 1 paquet de gelée en poudre
(essence de citron)
1 1/2 tasse de jus de tomates
1 1/2 cuillerée à thé de jus de citron

- 1/2 tasse de cornichons
1/2 tasse de céleri (haché)
1/2 tasse de pois

Faites dissoudre le jello dans le jus de tomates bouillant. Ajoutez le jus de citron, sel et sauce et faites refroidir. Quand c'est suffisamment épais, mêlez les légumes et versez dans des moules passés à l'eau froide et faites refroidir dans le REFRIGERATEUR GENERAL ELECTRIC, jusqu'à ce que ce soit ferme. Démoulez sur de la laitue et garnissez avec de la mayonnaise. Suffisant pour six.

CREME AU CAFE

- 6 cuillerées à table de café Bokar
1 1/2 tasse d'eau froide
3/4 tasse sucre granulé

- 2 cuillerées à table de gélatine
2 tasses de crème fouettée

Faites bouillir le café avec l'eau froide environ 10 minutes. Coulez à travers un tamis très fin ou, à défaut, un coton bien serré. Ajoutez le sucre dans le liquide chaud, ensuite la gélatine préalablement dissoute à la vapeur. Laissez refroidir. Fouettez deux tasses de crème et ajoutez au premier mélange refroidi.

SAUCISSES (STYLE ESPAGNOL)

- 1 doz. de saucisses
6 tranches de bacon
1 boîte de soupe aux tomates
(diluée avant de l'employer)
2 carottes (hachées)

- 2 piments verts (hachés)
2 oignons (tranchés)
1 cuillerée à thé de sucre
Saindoux
Sel et poivre

Enveloppez deux saucisses dans une tranche de bacon et fixez-les avec des cure-dents. Faites-les cuire partiellement sous l'élément du haut dans le four HOTPOINT. Placez les légumes et les saucisses dans une casserole et ajoutez des noisettes de saindoux. Versez le sucre au-dessus et les tomates diluées dans l'eau. Faites cuire dans un four HOTPOINT à une température de 325, jusqu'à ce que tout soit bien cuit.

SANDWICHES

(instructions données pendant l'Ecole.)

- 1 — Fromage et pâté de langue, jambon et veau de Clark's. Mélangez en parties égales du fromage Beaumont défat en crème avec du pâté de langue, jambon et veau de Clark's, une cuillerée à table de Bovril. Ajoutez un quart de tasse de catsup Clark's et étendez ce mélange sur des tranches rectangulaires d'environ un quart de pouce d'épaisseur. Garnissez avec des olives farcies au centre.
- 2 — Fromage et olives (employez le fromage Château)
- 3 — Tomates — 4 — Jambon et persil.

THE GLACE (Thé Salada)

Instructions données pendant l'Ecole

MACARONS

- 1/2 tasse de lait Condensé Eagle Brand
1 tasse de coco filanté
1 tasse noix (hachées)

- 1/2 tasse de flocons de maïs
3/4 tasse de cerises au maraquin
2 blancs d'oeufs bien battus

Au lait condensé Eagle Brand, ajoutez les blancs d'oeufs, bien battus. Ajoutez ensuite les autres ingrédients. Jetez par cuillerées dans une lèchefrite graissée, espacez d'un pouce. Faites cuire au brun doré, à four modéré, 325 degrés.

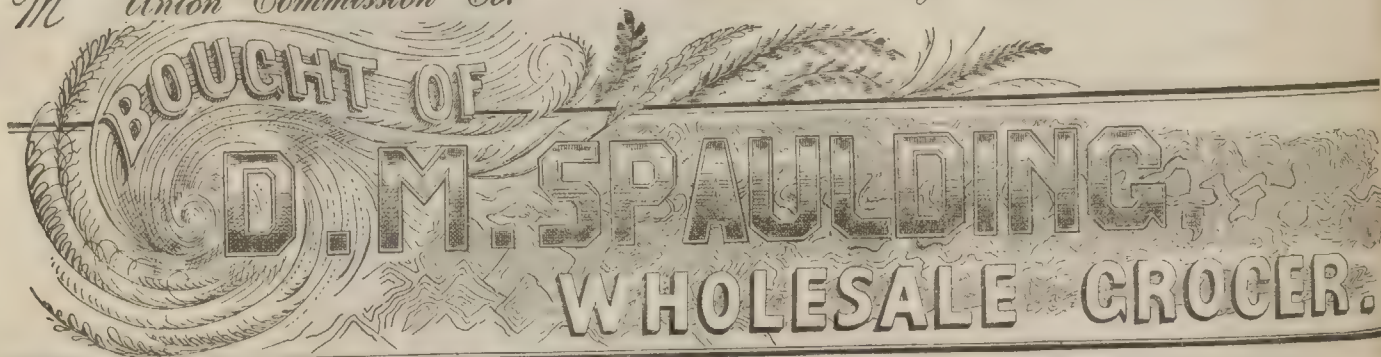
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M Union Commission Co.

Chicago, Ill., 19



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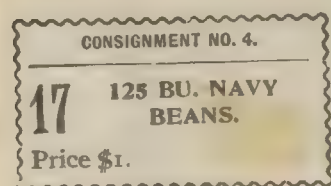


Recettes dont se servira
Mlle Hélène Chagnon

JEUDI, 11 MAI 1933

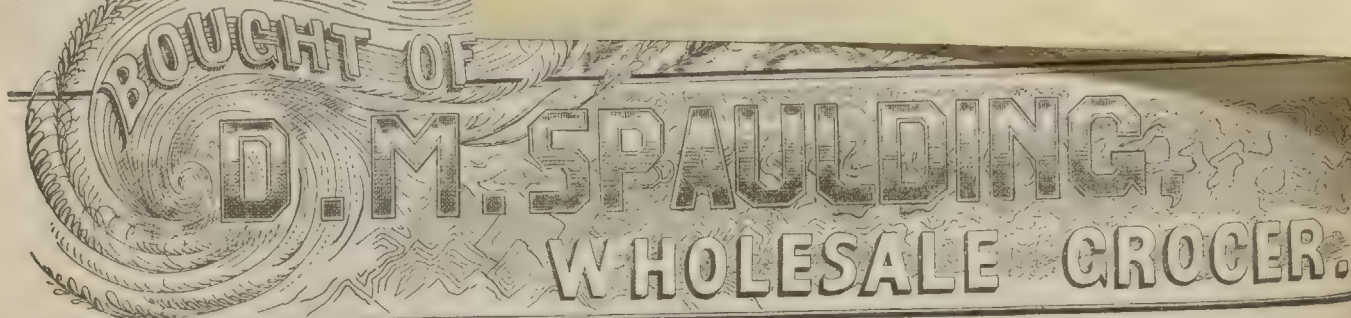


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	200	" C
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ROTI DE PORC AU FOUR.—HOTPOINT GENERAL ELECTRIC

(Instructions données pendant les démonstrations)

GARNITURE DE POMMES POUR LE ROTI DE PORC.

- | | |
|----------------------|-------------------------------|
| 4 pommes rouges, | 10 clous de girofle, |
| ½ tasse de vinaigre, | 1½ tasse d'eau, |
| 2 tasses de sucre, | ½ cuillerée à thé de canelle. |

Tranchez les pommes ½ pouce d'épaisseur, enlevez le centre, faites cuire dans le sirop, du sucre, du vinaigre, des épices, jusqu'à ce que les pommes soient transparentes. Enlevez les pommes du feu et faites épaissir le sirop que vous versez ensuite au-dessus. Faites refroidir. Garnissez le rôti avec ces rondelles de pommes. Remplissez le centre avec de la gelée, si vous le désirez.

CREME A LA GLACE VI-TONE

- | | |
|---------------------------------------|----------------------------------|
| 1 tasse de lait condensé Eagle Brand, | ½ cuillerée à thé de vanille, |
| 1 tasse de crème, | 4 cuillerées à table de Vi-Tone, |
| ¾ tasse d'eau, | Sel. |

Délaissez Vi-Tone avec un peu d'eau, ajoutez le reste de l'eau au lait condensé, puis la vanille et le sel. Versez le Vi-Tone dans ce mélange et ajoutez la crème fouettée. Videz dans le plateau du réfrigérateur General Electric. Faites congeler 3 à 4 heures.

DEMONSTRATION D'UN SERVICE DE TABLE PARFAIT EN SE SERVANT DE L'ARGENTERIE TUDOR ET DE LA PORCELAINE TUDOR.

BISCUITS BUTTERSCOTCH AU REFRIGERATEUR

- | | |
|-----------------------------------|---------------------------------------|
| ¾ tasse de beurre, | ¾ cuillerée à thé de sel, |
| 2½ tasses de farine, | 1 cuillerée à thé de vanille, |
| 1 tasse de sucre brun, | 1 cuillerée à thé poudre à pâtisserie |
| ½ tasse de noix finement hachées, | Egg-o, |
| (si désiré), | 1 oeuf bien battu. |

Défaites le beurre en crème, ajoutez le sucre et brassez bien. Ajoutez l'oeuf et l'essence, ensuite la farine, le sel, la poudre à pâtisserie, tamisez auparavant. Roulez dans du papier ciré et placez dans le REFRIGERATEUR GENERAL ELECTRIC, jusqu'à ce que la pâte soit ferme. Tranchez mince et faites cuire dans le four Hotpoint à une température de 375 pendant 10 ou 12 minutes.

COQUILLES DE FROMAGE

- | | |
|---|-----------------------|
| 5 tranches de pain (coupées sur la longueur), | ½ livre de fromage, |
| ½ cuillerée à thé de sel, | 1 petit oignon haché, |
| 2 cuillerées à table de beurre fondu, | 1 piment haché, |
| Tranches de bacon, | ¼ tasse de catsup. |

Etendez le mélange plus haut mentionné sur les tranches de pain et roulez sur la longueur. Placez dans le réfrigérateur aussi longtemps que vous le désirez. Coupez en tranches d'environ un pouce d'épaisseur. Roulez une tranche de bacon autour de chacune. Placez dans le four Hotpoint sous l'élément du haut jusqu'à ce que le bacon soit cuit.

METHODE DE LAVAGE TRES MODERNE

(Usage du Lux pour la lingerie délicate)

NOURRITURE DU PARADIS

8 biscuits sodas (écrasés), *grands* ½ tasse de dattes,
1 tasse sucre granulé, ¾ tasse de noix hachées,
½ tasse de coco, 3 oeufs.

Battez les oeufs légèrement et ajoutez les autres ingrédients. Faites cuire dans un four modéré 45 minutes.

BREUVAGES STIMULANTS

(Instructions données pendant la démonstration)

1) Café (Bokar)

2) Thé (Salada)

TARTE EPICURIENNE

Pâte —

1½ tasse de farine

¾ tasse de saindoux

Sel

1 cuillerée à thé de jus de citron

Eau pour lier la pâte.

Remplissage —

2 tasses de lait

4 cuillerées à table de fécule de maïs

1 tasse d'ananas coupés en dés ou

1 tasse de pommes tranchées

¾ tasse sucre

3 oeufs

1 banane

Essence.

Faites chauffer le lait, ajoutez la fécule de maïs et le sucre ainsi que les ananas. Faites cuire 15 à 20 minutes. Ajoutez les jaunes d'oeufs battus, la banane écrasée et l'essence. Versez dans la croûte de tarte préalablement cuite. Faites une meringue avec les 3 blancs d'oeufs, ¼ tasse de sucre et ½ cuillerée à thé de poudre à pâtisserie. Faites dorer dans un four modéré.

SALADE AUX FRUITS ET AU GINGER ALE

2 cuillerées à table de gélatine,

¼ tasse d'eau froide,

1 tasse d'ananas (tranchés),

1 tasse de poires (coupées en dés),

1 tasse de cerises au Marasquin,

1 tasse de Ginger Ale,

2 cuillerées à table de jus de citron,

2 cuillerées à table de sucre.

Faites tremper la gélatine dans l'eau froide. Amenez les ananas au point d'ébullition et ajoutez la gélatine. Ajoutez les poires, cerises, jus de citron et sucre. Faites refroidir, alors ajoutez le Ginger Ale. Versez dans des moules individuels et faites congeler. Servez sur un lit de laitue et, si vous le désirez, garnissez avec de la mayonnaise.

STOCK MER
21 600 LB
Cost.....

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entry, page 5!



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Recettes dont se servira
Mlle Hélène Chagnon
VENDREDI, 12 MAI 1933

Union Commission Co. TELEPHONE 99.

BOUGHT OF W. V. PARKER WHOLESALE DEALER IN GROCERIES AND PROVISIONS

Terms: On account.

42 LINCOLN ST. Chicago, Ill.

400	Bu. Cats	.22	88		
150	" Potatoes	.20	30		
210	Dox. Eggs, 7 Crates	.42 $\frac{1}{2}$	26	25	
500	Lbs. Dried Prunes	.06	30		174

COLD PLATTER DINNER

In the center of a large oval platter on small lettuce leaves, place a mound of Heinz Sweet Midget Gherkins and a mound of Heinz Stuffed Spanish Olives. At each side of these mounds, and extending the length of the platter, place overlapping slices of American or Swiss cheese. At both sides of the cheese on generous mounds of lettuce leaves, place cold meats using tongue, meat loaf, ham or bologna, and slices of tomatoes. From this platter each person may make himself a salad or substantial sandwich. Have at hand as aids, Heinz Tomato Ketchup, Heinz Prepared Brown Mustard and Heinz Mayonnaise.



LETTUCE SALAD with CHEESE DRESSING

In a bowl, cream $\frac{1}{4}$ pound soft pimiento cheese, using a fork. Add to the cheese, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{2}$ teaspoonful Heinz Worcestershire Sauce, 6 tablespoonfuls Heinz Tomato Ketchup or Chili Sauce, 2 tablespoonfuls Heinz Pure Vinegar and 3 tablespoonfuls Heinz Pure Olive Oil. Mix well with a fork until all ingredients are thoroughly blended. Place in refrigerator to chill well and serve as a dressing for Head Lettuce, Endive, Mixed Vegetable, Tomato and Cucumber or other vegetable salads. This is an unusual dressing which adds flavor and piquancy to a great variety of salads.

SAVORY MEAT LOAF

To 2 pounds beef and 1 pound fresh pork ground together, add 1 teaspoonful salt, a generous dash of pepper, 2 eggs slightly beaten, and 1 small onion minced finely. Add 2 cupfuls bread crumbs moistened in $\frac{1}{2}$ cupful milk. Add $\frac{1}{2}$ cupful Heinz Tomato Ketchup and 1 teaspoonful Heinz Worcestershire Sauce. Shape into a loaf and place in a roasting pan. Arrange 6 slices bacon across top. Bake in a hot oven (400°F.) for 1 $\frac{1}{2}$ hours, basting occasionally with $\frac{1}{2}$ cupful water. Make a sauce to serve over meat by thickening slightly the liquid in the roasting pan. This recipe produces an unusually flavorful and delicious meat loaf.



HOT OPEN CHEESE SANDWICHES

Trim crusts from slices of bread cut one-fourth inch thick. Toast on one side. On untoasted side arrange slices of American cheese. Over cheese in each sandwich, spread 1 tablespoonful Heinz Chili Sauce and cover with slices of uncooked bacon. Place sandwiches on a rack in a shallow pan and bake in a moderate oven (350-375°F.), or broil slowly until the cheese is melted and bacon crisp. Serve immediately garnished with Heinz Sweet Midget Gherkins and Heinz Stuffed Spanish Olives. Excellent sandwiches for luncheon or late evening supper menus.



SARDINE COCKTAIL

Drain boneless sardines, remove skin, break into small pieces, and chill thoroughly. Arrange in crisp lettuce cups in cocktail glasses or on small plates. Combine $\frac{1}{2}$ cup Heinz Chili Sauce or Heinz Tomato Ketchup, 1 tablespoon Heinz Worcestershire Sauce, $\frac{1}{2}$ tablespoon Heinz Evaporated Horseradish (soaked for 10 minutes in 1 tablespoon cold water), 2 tablespoons lemon juice, 2 tablespoons Heinz Mayonnaise and a gener-

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Beef à la Mode (Braised)

3 or 4 Pounds of round beef or other tough cut
About $\frac{1}{4}$ pound of fat salt pork, cut in small strips
Salt and pepper
 $\frac{1}{4}$ Cupful of diced celery
 $\frac{1}{4}$ Cupful of chopped onion
 $\frac{1}{4}$ Cupful of diced carrot
1 Bay leaf
A few sprigs of parsley
2 Cupfuls of boiling water or canned tomatoes

Wipe the meat with a damp cloth and cut gashes about half an inch deep all over the meat. Insert the strips of salt pork in the gashes and brown the meat on all sides in a little hot fat. Sprinkle with salt and pepper. Add the prepared vegetables, the bay leaf and parsley and the liquid. Cover tightly and cook in a moderate oven—325 degrees Fahr. until tender, three to four hours, or simmer on top of the stove until tender. If desired, the liquid may be strained and thickened as described in directions for pot roasting, or it may be served with the meat unthickened.

Stuffed Flank Steak

About 1 $\frac{1}{2}$ pounds of flank steak
1 Small onion
 $\frac{1}{2}$ Green pepper
2 Tablespoonfuls of butter
About 1 $\frac{1}{2}$ cupfuls of stale bread crumbs
1 Egg
Water
Salt, pepper, celery salt

Wipe the meat with a damp cloth. Mince the onion and the green pepper and cook in the butter until tender and lightly browned. Combine with the bread crumbs, add the slightly beaten egg and enough water to moisten. Season to taste with salt, pepper and celery salt, or poultry dressing if desired and spread on the steak. Roll it up and tie securely in shape. Brown on all sides in a little hot fat, add a small amount of hot water, cover and cook in a moderate oven—350 to 375 degrees Fahr.—for one and a half to two hours or until the meat is tender.

FEATHER SPICE CAKE

(2 eggs)

2 $\frac{1}{4}$ cups sifted Swans Down Cake Flour	$\frac{1}{4}$ teaspoon cloves
2 $\frac{1}{2}$ teaspoons baking powder	$\frac{1}{2}$ cup butter or other shortening
$\frac{1}{4}$ teaspoon salt	1 cup sugar
1 teaspoon cinnamon	2 eggs, unbeaten
$\frac{1}{2}$ teaspoon mace	$\frac{1}{2}$ cup molasses
	$\frac{1}{2}$ cup milk

Sift flour once, measure, add baking powder, salt, and spices, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs, one at a time, beating thoroughly after each addition. Then add molasses and blend. Add flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Bake in two greased 9-inch layer pans in moderate oven (375°F.) 25 to 30 minutes, or until done. Spread Fluffy Mocha Frosting between layers and on top and sides of cake; sprinkle nuts on sides. Double recipe to make three 10-inch layers.

FLUFFY MOCHA FROSTING

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup strong coffee (about)
4 cups sifted confectioners' sugar	1 teaspoon vanilla
3 $\frac{1}{2}$ tablespoons Baker's Breakfast Cocoa	$\frac{1}{4}$ cup broken walnut meats, toasted
$\frac{1}{4}$ teaspoon salt	

Cream butter. Sift sugar, cocoa, and salt together. Add part of sugar mixture gradually to butter, blending after each addition. Add remaining sugar mixture, alternately with coffee, until of right consistency to spread. Beat after each addition until smooth. Add vanilla. Spread on cake. Sprinkle nuts on sides. Makes enough frosting to cover tops and sides of two 9-inch layers.

(All measurements are level.)

Frozen Egg-nog: Beat three egg yolks till they are and lemon-colored. Gradually add six tables powdered sugar and four tablespoons of brandy. the stiffly beaten whites of three eggs and one h whipped cream. Freeze in the tray of an auto refrigerator or pack a filled mold in salt and ice hours. Serve with it sliced fruit cake or old pound cake.

Chicken Terrapin in Bread Case: Remove bone up one cold, cooked chicken (or its equivalent chicken) and one parboiled sweetbread. Co 2 tablespoonfuls of shortening with three tablespo until the mixture looks cheesy; add slowly one half cups undiluted evaporated milk, salt, p nutmeg to taste. When thickened, add the m well and then add one-half cup of sherry and th beaten yolks of three eggs. Serve at once in a bread case. Garnish with fried wee carrots and peas.

Bread Case: Remove the crusts from a loaf bread. Hollow out the center so the sides are mately one-half inch thick. Spread (Turn to



BAKED BEAN LUNCHEON SANDWICHES with SLICED BEEF

Break 1 small jar dried beef into small pieces and brown in a frying pan with 1 tablespoonful butter. If desired, the beef may be dipped in hot water before frying to make less salty. When brown, add 1 medium can of Heinz Oven-Baked Beans (With Pork and Tomato Sauce or Vegetarian Style), 2 tablespoonfuls Heinz Tomato Ketchup and 1 teaspoonful sugar. Allow to heat thoroughly and serve on slices of golden brown toast. Slices of Heinz Genuine Dill Pickle are an excellent accompaniment to these sandwiches for quickly prepared luncheons or suppers.



SALADE AUX LEGUMES ET AU FROMAGE

- | | |
|-----------------------------------|--------------------------------------|
| 1½ cuillerée à table de gélatine, | ¾ de tasse de pois, |
| ¼ tasse d'eau froide, | 2 cuillerées à table de piment, |
| ¼ paquet de fromage, | ½ tasse de céleri, |
| ¼ cuillerée à thé de sel, | 1 cuillerée à table de persil haché, |
| ½ tasse de mayonnaise, | ½ tasse de crème. |
| 1 cuillerée à thé de Bovril, | |

Trempez la gélatine dans l'eau froide environ cinq minutes et faites-la dissoudre au-dessus de l'eau bouillante. Ajoutez le fromage défait en crème, le Bovril, tous les légumes ainsi que la mayonnaise et la crème fouettée. Versez dans des moules individuels ou un seul moule profond et placez au Réfrigérateur GENERAL ELECTRIC. Servez sur un lit de laitue avec de la mayonnaise.

CREME BAVAROISE AUX PAMPLEMOUSSES

- | | |
|---|-------------------|
| 4 cuillerées à table de fécule de maïs, | ½ tasse de sucre, |
| ½ tasse d'eau froide, | 1 tasse de crème. |

Délayez la fécule de maïs avec l'eau froide et faites-la cuire dans une tasse de jus de pamplemousses. Ajoutez le sucre et faites cuire jusqu'au point d'ébullition. Tranchez les pamplemousses et ajoutez-y le mélange bien cuit. Faites refroidir. Ajoutez ensuite la crème fouettée et placez au Réfrigérateur GENERAL ELECTRIC.

GATEAU AU JUS DE TOMATES

- | | |
|-----------------------------------|----------------------------------|
| 2 cuillerées à table de saindoux, | 2½ tasses de farine, |
| 1 tasse de sucre granulé, | 1 cuillerée à thé de cannelle, |
| 1 oeuf, | ½ cuillerée à thé de clou moulu, |
| 1 boîte de jus de tomates, | ¾ tasse de noix hachées, |
| 1 cuillerée à thé de soda à pâte, | 1 tasse de raisins. |

Réduisez le shortening en crème, ajoutez graduellement le sucre à l'oeuf et battez bien. Faites dissoudre le soda dans le jus de tomates et ajoutez-le, alternativement avec la farine tamisée et les épices, au premier mélange. Ajoutez les noix et les raisins et versez dans un moule à gâteau carré entouré de papier ciré, bien graissé. Faites cuire dans un four Hotpoint à une température de 350 degrés, environ une heure.

MELANGE DE VIANDES GRILLEES

- | | |
|---------------------------|--------------|
| Tranches de bacon, | Saucisses, |
| Côtelettes d'agneau, | Pain grillé. |
| Tranches de foie de veau, | |

FILLES D'HONNEUR

- | | |
|---------------------------|--|
| ½ tasse de beurre, | 1 cuillerée à thé de poudre à pâtisserie |
| 2 oeufs, | EGG-O, |
| ¾ tasse de sucre, | 2 tasses de farine, |
| ¾ tasse de noix hachées, | ½ tasse de gelée. |
| ¼ cuillerée à thé de sel, | |

Défaites le beurre en crème. Ajoutez le sucre et les oeufs et battez bien. Tamisez la farine, le sel et la poudre à pâtisserie. Placez un rang de ce mélange au fond de petits moules bien graissés; au centre, un peu de gelée et de noix mélangées ensemble et finalement couvrez avec un rang de pâte. Cuisez dans un four Hotpoint 400 degrés (environ 10 minutes). Garnissez avec de la crème fouettée, une fois refroidi.

SALADE AUX POIRES ET AU FROMAGE

- | | |
|---|---|
| ¼ tasse de gingembre cristallisé (haché). | 1 paquet de fromage Beaumont (complet), |
| 6 demi-poires. | Laitue et mayonnaise. |

Défaites le fromage en crème, ajoutez le gingembre et mélangez bien. Placez ce mélange dans la cavité des poires, saupoudrez de gingembre haché fin et servez sur un lit de laitue. Décorez avec du persil haché, du cresson ou de la laitue. Servez avec de la mayonnaise.

DEMONSTRATION D'UN SERVICE DE TABLE PARFAIT EN SE SERVANT DE L'ARGENTERIE TUDOR ET DE LA PORCELAINE TUDOR.

BREUVAGE NOURRISSANT — DIRECTION POUR VI-TONE

Mettez une ou 2 cuillerées à thé de Vi-Tone dans une tasse ou un verre. Ajoutez suffisamment de lait pour délayer le Vi-Tone. Remplissez avec du lait chaud et brassez bien. Si vous le préférez, Vi-Tone peut être préparé de la même manière en employant du lait froid.

PAIN DE GUIMAUVE AU REFRIGERATEUR

- | | |
|---------------------------------------|--|
| ½ tasse de guimauves tranchées, | ½ tasse de noix hachées, |
| ¼ tasse d'eau bouillante, | 2½ tasses de miettes de Biscuits Graham. |
| ½ tasse de lait condensé Eagle Brand, | |

Tranchez les guimauves dans un bol et versez de l'eau bouillante au-dessus. Ajoutez le lait condensé, les dattes, les noix et les biscuits et mélangez bien. Formez un rouleau et enveloppez-le de papier ciré. Placez au REFRIGERATEUR GENERAL ELECTRIC. Servez en tranches avec ou sans crème fouettée. Ce rouleau peut être conservé plusieurs jours dans le REFRIGERATEUR GENERAL ELECTRIC.

JAMBON AU MACARONI A LA CASSEROLE

- | | |
|--------------------------------------|---------------------------------------|
| 2 tasses de jambon cuit haché fin, | 3 oeufs cuits durs, |
| 1 boîte de spaghetti aux tomates | 2 cuillerées à table de beurre fondu, |
| et au fromage de Clark's, | 1 cuillerée à thé d'oignon haché, |
| Sauce au goût — Panure pour couvrir. | |

Hachez le jambon bien fin. Ajoutez le beurre, l'oignon, la sauce, le spaghetti et mélangez bien. Tranchez les oeufs cuits durs et placez le jambon mélangé et les tranches d'oeufs alternativement dans une casserole bien graissée. Couvrez avec de la panure. Faites cuire dans un four modéré jusqu'à ce que ce soit d'un brun doré.

METHODE DE LAVAGE TRES MODERNE (Usage de RINSO)

POUDING MAGIC AU CARAMEL (LAIT EAGLE CARAMELISE)
(Instructions données pendant l'école.)

Union Commission Co.

BOUGHT OF W. V. PARKER

Terms: On account.

42 LINCOLN ST. Chicago, Ill.

TELEPHONE 99. WHOLESALE DEALER IN GROCERIES AND PROVISIONS

400	Bu. Cats	.22	88		
150	" Potatoes	.20	30		
210	Doz. Eggs, 7 Crates	.42½	26	25	
500	Lbs. Dried Prunes	.06	30		174

COLD PLATTER DINNER

In the center of a large oval platter on small lettuce leaves, place a mound of Heinz Sweet Midget Gherkins and a mound of Heinz Stuffed Spanish Olives. At each side of these mounds, and extending the length of the platter, place overlapping slices of American or Swiss cheese. At both sides of the cheese on generous mounds of lettuce leaves, place cold meats using tongue, meat loaf, ham or bologna, and slices of tomatoes. From this platter each person may make himself a salad or substantial sandwich. Have at hand as aids, Heinz Tomato Ketchup, Heinz Prepared Brown Mustard and Heinz Mayonnaise.

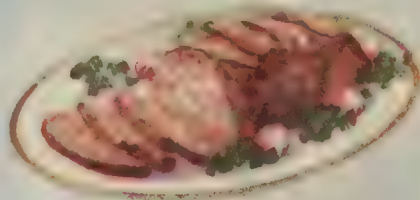


LETTUCE SALAD with CHEESE DRESSING

In a bowl, cream $\frac{1}{2}$ pound soft pimiento cheese, using a fork. Add to the cheese, $\frac{1}{4}$ teaspoonful salt, $\frac{1}{4}$ teaspoonful Heinz Worcestershire Sauce, 6 tablespoonfuls Heinz Tomato Ketchup or Chili Sauce, 2 tablespoonfuls Heinz Pure Vinegar and 3 tablespoonfuls Heinz Pure Olive Oil. Mix well with a fork until all ingredients are thoroughly blended. Place in refrigerator to chill well and serve as a dressing for Head Lettuce, Endive, Mixed Vegetable, Tomato and Cucumber or other vegetable salads. This is an unusual dressing which adds flavor and piquancy to a great variety of salads.

SAVORY MEAT LOAF

To 2 pounds beef and 1 pound fresh pork ground together, add 1 teaspoonful salt, a generous dash of pepper, 2 eggs slightly beaten, and 1 small onion minced finely. Add 2 cupfuls bread crumbs moistened in $\frac{1}{2}$ cupful milk. Add $\frac{1}{2}$ cupful Heinz Tomato Ketchup and 1 teaspoonful Heinz Worcestershire Sauce. Shape into a loaf and place in a roasting pan. Arrange 6 slices bacon across top. Bake in a hot oven (400°F.) for 1 $\frac{1}{2}$ hours, basting occasionally with $\frac{1}{2}$ cupful water. Make a sauce to serve over meat by thickening slightly the liquid in the roasting pan. This recipe produces an unusually flavorful and delicious meat loaf.



HOT OPEN CHEESE SANDWICHES

Trim crusts from slices of bread cut one-fourth inch thick. Toast on one side. On untoasted side arrange slices of American cheese. Over cheese in each sandwich, spread 1 tablespoonful Heinz Chili Sauce and cover with slices of uncooked bacon. Place sandwiches on a rack in a shallow pan and bake in a moderate oven (350-375°F.), or broil slowly until the cheese is melted and bacon crisp. Serve immediately garnished with Heinz Sweet Midget Gherkins and Heinz Stuffed Spanish Olives. Excellent sandwiches for luncheon or late evening supper menus.



SARDINE COCKTAIL

Drain boneless sardines, remove skin, break into small pieces, and chill thoroughly. Arrange in crisp lettuce cups in cocktail glasses or on small plates. Combine $\frac{1}{4}$ cup Heinz Chili Sauce or Heinz Tomato Ketchup, 1 tablespoon Heinz Worcestershire Sauce, $\frac{1}{4}$ tablespoon Heinz Evaporated Horseradish (soaked for 10 minutes in 1 tablespoon cold water), 2 tablespoons lemon juice, 2 tablespoons Heinz Mayonnaise and a gener-

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Beef à la Mode (Braised)

3 or 4 Pounds of round beef or other tough cut
About $\frac{1}{4}$ pound of fat salt pork, cut in small strips
Salt and pepper
 $\frac{1}{4}$ Cupful of diced celery
 $\frac{1}{4}$ Cupful of chopped onion
 $\frac{1}{4}$ Cupful of diced carrot
1 Bay leaf
A few sprigs of parsley
2 Cupfuls of boiling water or canned tomatoes

Wipe the meat with a damp cloth and cut gashes about half an inch deep all over the meat. Insert the strips of salt pork in the gashes and brown the meat on all sides in a little hot fat. Sprinkle with salt and pepper. Add the prepared vegetables, the bay leaf and parsley and the liquid. Cover tightly and cook in a moderate oven—325 degrees Fahr.—until tender, three to four hours, or simmer on top of the stove until tender. If desired, the liquid may be strained and thickened as described in directions for pot roasting, or it may be served with the meat unthickened.

Stuffed Flank Steak

About 1 $\frac{1}{2}$ pounds of flank steak
1 Small onion
 $\frac{1}{2}$ Green pepper
2 Tablespoonfuls of butter
About 1 $\frac{1}{2}$ cupfuls of stale bread crumbs
1 Egg
Water
Salt, pepper, celery salt

Wipe the meat with a damp cloth. Mince the onion and the green pepper and cook in the butter until tender and lightly browned. Combine with the bread crumbs, add the slightly beaten egg and enough water to moisten. Season to taste with salt, pepper and celery salt, or poultry dressing if desired and spread on the steak. Roll it up and tie securely in shape. Brown on all sides in a little hot fat, add a small amount of hot water, cover and cook in a moderate oven—350 to 375 degrees Fahr.—for one and a half to two hours or until the meat is tender.

FEATHER SPICE CAKE

(2 eggs)

2 $\frac{1}{2}$ cups sifted Swans Down Cake Flour	$\frac{1}{4}$ teaspoon cloves
2 $\frac{1}{2}$ teaspoons baking powder	$\frac{1}{2}$ cup butter or other shortening
$\frac{1}{4}$ teaspoon salt	1 cup sugar
1 teaspoon cinnamon	2 eggs, unbeaten
$\frac{1}{2}$ teaspoon mace	$\frac{1}{2}$ cup molasses
	$\frac{1}{2}$ cup milk

Sift flour once, measure, add baking powder, salt, and spices, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs, one at a time, beating thoroughly after each addition. Then add molasses and blend. Add flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Bake in two greased 9-inch layer pans in moderate oven (375°F.) 25 to 30 minutes, or until done. Spread Fluffy Mocha Frosting between layers and on top and sides of cake; sprinkle nuts on sides. Double recipe to make three 10-inch layers.

FLUFFY MOCHA FROSTING

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup strong coffee (about)
4 cups sifted confectioners' sugar	1 teaspoon vanilla
3 $\frac{1}{2}$ tablespoons Baker's Breakfast Cocoa	$\frac{1}{4}$ cup broken walnut meats, toasted
$\frac{1}{4}$ teaspoon salt	

Cream butter. Sift sugar, cocoa, and salt together. Add part of sugar mixture gradually to butter, blending after each addition. Add remaining sugar mixture, alternately with coffee, until of right consistency to spread. Beat after each addition until smooth. Add vanilla. Spread on cake. Sprinkle nuts on sides. Makes enough frosting to cover tops and sides of two 9-inch layers.

(All measurements are level.)

Frozen Egg-nog: Beat three egg yolks till they are and lemon-colored. Gradually add six tables powdered sugar and four tablespoons of brandy, the stiffly beaten whites of three eggs and one-half whipped cream. Freeze in the tray of an auto refrigerator or pack a filled mold in salt and ice hours. Serve with it sliced fruit cake or old-pound cake.

Chicken Terrapin in Bread Case: Remove bone up one cold, cooked chicken (or its equivalent chicken) and one parboiled sweetbread. Co 2 tablespoons of shortening with three tablespoons until the mixture looks cheesy; add slowly one half cups undiluted evaporated milk, salt, pepper, nutmeg to taste. When thickened, add the meat well and then add one-half cup of sherry and the beaten yolks of three eggs. Serve at once in a bread case. Garnish with fried wee carrots and peas.

Bread Case: Remove the crusts from a loaf bread. Hollow out the center so the sides are evenly one-half inch thick. Spread (Turn to



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Break 1 small jar dried beef into small pieces and brown in a frying pan with 1 tablespoonful butter. If desired, the beef may be dipped in hot water before frying to make less salty. When brown, add 1 medium can of Heinz Oven-Baked Beans (With Pork and Tomato Sauce or Vegetarian Style), 2 tablespoonfuls Heinz Tomato Ketchup and 1 teaspoonful sugar. Allow to heat thoroughly and serve on slices of golden brown toast. Slices of Heinz Genuine Dill Pickle are an excellent accompaniment to these sandwiches for quickly prepared luncheons or suppers.



A HOLIDAY LUNCHEON—JUST GIRLS



GOLDEN SWISS SALAD—Lettuce, water cress, quartered tomatoes and radish "roses" topped with Kraft Swiss Cheese that has been cut in shoe string strips. (Cut the half-pound package of Swiss in two crosswise. Make $\frac{1}{8}$ inch slices lengthwise. Cut slices in narrow strips.) Serve with Kraft French or Kraft Miracle French Dressing.



APPETIZER TRAY—A marvelous assortment and not hard to prepare. Potato chips and whole wheat wafers topped with Kraft Roquefort Cream Spread. Strips of toast with Kraft Brick Cheese and anchovy fillets. Rounds of toast with Kraft Pimento Cream Spread, slices of small tomato and hard-cooked eggs; also with toasted Kraft Creamed Old English and pickles. Crackers with Kraft Pimento Cream Spread garnished with pimientos. Rolls of dried beef with Kraft Kay inside. Stuffed olives split and put together with Kraft Creamed Old English.



WELSH RABBIT—Blend 1 teaspoon of flour in 1 tablespoon melted butter. Add $\frac{1}{2}$ cup of milk stirring until thick and smooth. Add 2 cups of Kraft American Cheese, easily grated merely by pushing it through a coarse strainer. Stir until cheese is melted. Season with salt, pepper, and $\frac{1}{2}$ teaspoon mustard. Serve hot on crackers or toast.

and consigned to Union Commiss
to be sold on commission.

125	Bu. Navy Beans
150	Lbs. Evaporated Apple
225	" Dried Prunes
75	Bu. Shelled Corn

No.

WHEN you get your girl friends together feed them well. Add to the menu below
sticed potatoes, cranberry molds, tiny finger rolls and Christmasy mints.

CHRISTMAS FRUIT CUP: Dice 1 small grapefruit; seed and halve 1 cupful of Ben grapes; dice 2 slices of canned pineapple, 2 halves of canned pears, 1 banana. Toss 1 cupful of maraschino cherries. Blend fruit, chill, add maraschino sirup to color and sweeten, arrange in glasses, garnish with cherries and laurel leaves.

TURKEY ÉCLAIRS: Cut the cooked white meat of the turkey into cubes; heat in rich, well-seasoned white sauce, adding enough shredded pimiento to lend color. Make éclairs, or order them from the caterer. Heat, split and fill with turkey.

POINSETTIA SALAD: Cut pineapple slices into segments and arrange pieces on crisp lettuce leaves. Then arrange poinsettias cut from canned pimientos on pineapple slices. Fill center of flower with mayonnaise, sprinkled with paprika.

MAPLE-MARSHMALLOW MOUSSE: Boil 2 cupfuls of maple sirup to the three-quarter stage; cool slightly, then pour very slowly over 1 quart of stiffly whipped cream, beating to a thick mass. Blanch, shred and toast lightly 2 tablespoonfuls of almonds. Quarter 6 marshmallows and tint a very pale brown under the broiler flame. Fold the nuts and marshmallows into the maple cream, pack in a tin and freeze. Or freeze in the refrigerator pans for two hours. It's rich and yumolious.

TEA PARTY WITH A TOUCH OF RUSSIAN

SOMETHING a shade different in the way of hen parties. Afternoon tea before the open fire, as the Russians drink it—in tall glasses. It's sure to make a hit.

TEA: Use orange pekoe tea, making it in the usual way. Serve hot with sugar, in tall glasses. Pass lemon slices, each pierced with a whole clove, also whole preserved strawberries (or cherries).

ANCHOVY PÂTÉS: Cut thin slices of white bread; trim and spread with soft butter, then with anchovy paste blended with mayonnaise. Put together in sandwich fingers, garnish each with a narrow strip of pimiento.

CAVIAR BISCUITS: Make very tiny baking-powder biscuits; split and bake while hot; blend red caviar with a few drops of lemon juice and spread thinly on lower half of biscuits. Cover with the upper half.

RYE SANDWICHES: Cut caraway rye bread in thin slices, trim crusts. Bake, then spread with a filling of hard-cooked eggs, finely chopped and moistened with Chili sauce and mayonnaise; add 2 or 3 finely chopped pickles. Cut in triangles.

KOSSUTH CAKES: Make a simple cup or sponge cake batter and bake in small muffin pans. When cold, cut a slice from the top of each cake, scoop out with sweetened whipped cream to which you have added a few chopped cherries and pistachio nuts. Replace top slice of cake and ice with tinted cream.

BUFFET SUPPER FOR A SMALL DANCE

BEST party dresses and a buffet supper in your grandest manner. Add small rolls, olives, pickles, salted nuts and coffee, and let your guests serve themselves.

CHICKEN OR TURKEY À LA KING: Cut white and dark meat into cubes and make a rich white sauce. Cut in slices 1 can of button mushrooms, and slice 1 can of pimiento. Add with the chicken to the sauce and cook over hot water for fifteen to twenty minutes. Heat patty shells, fill and garnish with parsley.

MAYONNAISE OF SHRIMP AND PINEAPPLE: Cut pineapple slices into small segments. Marinate shrimps in a little lemon juice for an hour. Drain, mix with the pineapple and arrange on crisp lettuce leaves, topped with mayonnaise.

HOLIDAY CAKES: Bake white cake in a shallow pan; cut into fancy shapes. Ice with green, red and white icing; garnish with nuts or small red and green candies.

CHRISTMAS FRUIT PUNCH: For the base of the punch make 2 quarts of lemonade, sweetening it with rock candy sirup or $1\frac{1}{2}$ cupfuls each of sugar and water boiled ten minutes. Add 1 cupful each of pineapple juice, grapefruit juice and orange juice and raspberry or strawberry sirup. Pour over ice in a punch bowl and add 1 cupful of orange segments, bits of pineapple, cherries and white cream.

SUNDAY NIGHT SUPPER IN THE KITCHEN

Food—and plenty of it—and let the boys do the work! If there is room in their tummies let them nibble on celery, olives and French bread.

SPAGHETTI, ITALIAN STYLE: In a large kettle of boiling salted water cook a package of spaghetti, without breaking, till tender—about twenty minutes. Rinse with cold water. Cut $\frac{1}{4}$ pound of bacon into small pieces, slice 2 medium-sized onions, add to 1 can of tomatoes and cook twenty minutes. Grate $\frac{1}{4}$ pound of American cheese. Arrange the spaghetti in a large casserole in layers, season and over each layer place some of the tomato-bacon-onion sauce and sprinkle thickly with cheese. Pour over all a can of tomato soup; sprinkle with cheese. Lay strips of bacon over the top, place in a hot oven until the dish is steaming hot.

HONOLULU SALAD: Prepare this salad ahead of time, as it must have time to become mellow and frosted. Cut up 1 orange, 1 grapefruit, 2 apples and a few white grapes; add slices of canned pineapple, pears, peaches, and a few chopped dates and walnuts. Dissolve 1 envelope of gelatin in a little of the juice from the fruit, add to 1 quart of the remaining juices slightly heated, and stir well. Pour the juice over the mixed fruit, place in refrigerator trays to chill and partly freeze. Turn out and serve on lettuce leaves with whipped-cream mayonnaise.

Broiled Steak

Select steak at least one inch thick, trim off superfluous fat and wipe the meat with a damp cloth. Place on the broiler which has been heated and rubbed with fat. Sear on both sides, reduce the heat and continue broiling, turning every two minutes, being careful not to prick the meat and allow the juices to escape. The time required varies with the degree of "doneness" desired, with the thickness of the steak and the amount of fat used. In general a one-inch steak, rare, requires from five to eight minutes; medium, from seven to nine minutes; and well done, from eight to twelve minutes. Sprinkle with salt and pepper. Remove to a hot plate or platter and spread with butter.

The same procedure is followed in pan broiling, first heating the pan and rubbing lightly with a piece of fat held on the end of a fork.

Whitefish Salad

- 2 Cupfuls of flaked, cooked whitefish
- 1 Cupful of finely minced celery
- Juice of one lemon
- Salt and paprika
- Mayonnaise
- Crisp lettuce
- 2 Hard-cooked eggs
- 2 Tablespoonfuls of capers

Combine the fish and celery lightly, add the lemon juice and season to taste with salt and paprika. Add sufficient mayonnaise to bind the ingredients, and pile lightly into a salad bowl lined with crisp lettuce leaves. Sprinkle the capers over the salad and garnish with slices or sections of hard-cooked egg.

Chicken Rizotto

- 1 Cupful or more of chopped cooked chicken
- 4 Cupfuls of chicken broth
- 1 Medium onion, minced
- 2 Tablespoonfuls of butter
- $\frac{3}{4}$ Cupful of washed rice
- Grated nippy cheese

Cut the meat from the bones of left-over, stewed or roast chicken, and cut in small dice. Add enough water to the bones to make four cupfuls of broth, and add any left-over chicken gravy. Simmer together until reduced to four cupfuls. Add the minced onion to the butter in a heavy frying pan and cook until lightly browned, add the chicken broth and when boiling vigorously, sprinkle in the rice slowly so as not to stop the boiling action. Cover the pan and simmer until the rice is tender—about twenty-five minutes—shaking occasionally to prevent sticking and if necessary stirring carefully with a fork. When the rice is tender and the liquid practically all absorbed, add the diced chicken and season to taste with salt. When thoroughly heated, turn on to a large, hot platter and sprinkle generously with grated nippy cheese.

Cheese and Corn Souffle

- 3 Tablespoonfuls of butter
- 3 Tablespoonfuls of flour
- 1 Cupful of milk
- Salt and pepper
- 1 Cupful of corn pulp
- $\frac{1}{2}$ Cupful of grated nippy cheese
- 3 Egg yolks
- 3 Egg whites

Melt the butter, stir in the flour and cook, stirring constantly until the mixture is smooth and well blended. Add the milk gradually, and continue cooking and stirring until the mixture thickens. Season to taste with salt and pepper. Mix the corn pulp, the grated cheese and the egg yolks, which have been beaten until light. Combine with the cream sauce, and lastly fold in the egg whites which have been beaten until stiff. Turn into a greased baking dish, set in a pan of hot water and bake in a moderate oven—350 degrees Fahr.—until firm and nicely browned—about fifty minutes.

Mexican Poached Eggs

- 1 Can of tomatoes, No. 3
- 6 or 8 Eggs
- Salt and pepper
- Squares of buttered toast
- Coarsely chopped parsley

Press the tomatoes through a sieve and heat the juice to boiling point. Drop the eggs into the boiling juice just as you would poach them in water, lower the heat, and keep below the boiling point until the eggs are cooked. Remove from the liquid, place on squares of buttered toast and keep hot. Thicken the tomato juice, season with salt and pepper and serve over the eggs. Garnish with coarsely chopped parsley.

Baked Stuffed Sweet Potatoes With Nuts and Bacon

- 4 Large sweet potatoes
- Salt and paprika
- Butter
- Rich milk or cream
- $\frac{1}{2}$ Cupful of chopped walnuts
- 8 Thin slices of bacon

Scrub the sweet potatoes and bake in a hot oven—400 to 425 degrees Fahr.—until soft. Cut in halves lengthwise and scoop out the pulp. Mash thoroughly, season with salt and paprika, and add butter and sufficient milk or cream so that the mixture may be beaten until light and fluffy. Fold in the chopped nuts and pile the mixture back into the potato skins. Lay a thin slice of bacon across the top of each potato half, return to a hot oven and cook until the bacon is crisp.

Waffles

- 2 Eggs
- 1 Cupful of milk
- $1\frac{3}{4}$ Cupfuls of pastry flour
- 3 Teaspoonfuls of baking powder
- 1 Tablespoonful of sugar
- Pinch of salt
- 6 Tablespoonfuls of melted butter

Beat the eggs until very light and add the milk. Mix and sift the dry ingredients and add to the first mixture, beating until free from lumps. Add the melted shortening, mix well and bake in a hot waffle iron, pouring the batter into the centre of the iron. This amount will make four waffles.

Oyster Club Sandwich

- 2 Dozen oysters
- 6 Thin slices of bacon
- 12 Slices of buttered toast
- 6 Crisp, dry lettuce leaves
- Mayonnaise or tartar sauce

Clean the oysters and dip them into undiluted, salted, evaporated milk—one teaspoonful of salt to one-third cupful of milk. Drain and coat with fine sifted bread crumbs. Place in a well-oiled baking pan and sprinkle liberally with cooking oil. Bake in a hot oven—500 degrees Fahr.—for seven to ten minutes. When cooked, place four oysters on a slice of hot buttered toast, cover with a lettuce leaf which has been dipped in tartar sauce, add a slice of cooked bacon and cover with another slice of hot toast. Serve at once, garnished with sweet pickles.

Scalloped Macaroni and Sausage

Cook macaroni in boiling salted water, drain and rinse. Add sufficient medium thick cream sauce to hold it together, and place a layer in the bottom of a greased baking dish. Cover with a layer of chopped cooked sausage and add another layer of the macaroni mixture. Continue until the dish is filled, having a layer of macaroni on the top. Cover with buttered bread crumbs or with a layer of grated nippy cheese, and place in a hot oven—400 to 450 degrees Fahr.—until nicely browned and heated through.

Old-Fashioned Beef Stew

- $1\frac{1}{2}$ to 2 Pounds of stewing beef
- 1 Quart of boiling water
- 3 to 4 Cupfuls of stewed or canned tomatoes
- 1 Tablespoonful of pearl barley
- 6 or 7 Small onions
- 1 Small yellow turnip
- 3 or 4 Carrots
- 3 or 4 Potatoes

Cut the beef into one-inch cubes, dredge with flour which has been mixed with salt and pepper and brown in a little hot fat in a pan, stirring until all sides are nicely browned. Add the boiling water, the tomatoes and barley, the onions cut in quarters or eighths, the turnip cut in dice, and the carrots cut in lengthwise strips. Season to taste with salt and pepper. Cover and simmer until the meat is tender. One half hour before serving add the diced potatoes and more boiling water if the stew appears too thick. Bits of left-over vegetables may be added with the potatoes if desired, and other vegetables as celery, peas, beans, etc., may be used. This stew takes from three to three and a half hours to cook and will serve from six to eight people.

Spicy Meat Loaf

- 2 Pounds of round steak, ground
- $\frac{3}{4}$ Cupful of ground suet
- 2 Small onions
- 2 Cupfuls of soft bread crumbs
- 2 Teaspoonfuls of salt
- 3 to 4 Tablespoonfuls of Worcestershire sauce
- 2 Eggs
- 4 Tablespoonfuls of grated horseradish
- 1 Teaspoonful of dry mustard
- 4 Tablespoonfuls of minced green pepper
- $\frac{1}{2}$ to $\frac{3}{4}$ Cupful of tomato catsup

Combine all the above ingredients with the exception of the catsup and pack into a greased loaf pan. Cover the top of the loaf with tomato catsup and bake for about forty-five minutes in a fairly hot oven—400 degrees Fahr. Serve hot or cold. Use uncooked or left-over cooked meat. Makes approximately eight servings.

Beefsteak and Kidney Pie

- 2 Pounds of round or chuck steak
- 2 Beef kidneys; approximately one pound
- 2 Teaspoonfuls of salt
- $\frac{1}{2}$ Teaspoonful of pepper
- 2 Tablespoonfuls of chopped parsley
- 2 Tablespoonfuls of vinegar
- 2 Teaspoonfuls of Worcestershire sauce
- $1\frac{1}{2}$ Tablespoonfuls of oil or melted fat
- 1 Medium onion
- 2 Tablespoonfuls of dripping
- 3 to 4 Cupfuls of water or stock (meat or vegetable)
- 3 to 4 Tablespoonfuls of flour

Prepare the kidneys by washing in cold water, scalding and removing the skin. Split and remove the veins, cords and fat and soak for thirty minutes in cold water. Drain and cut into small cubes. Combine the salt, pepper, parsley, vinegar, sauce and oil, add the cubed kidneys, stir well and allow to stand for half an hour. In the meantime, cut the beefsteak into three-quarter-inch cubes, chop the onion and add both to the melted dripping. Heat until the onion is lightly browned and the meat seared on all sides. Add the kidneys with the dressing in which they were standing, brown slightly, add the water or stock, cover and simmer until the meat is tender (about one and a half to two hours). Add more liquid during the cooking if necessary. Put the meat into a casserole or meat pie dish, thicken the liquid in the pan with the flour which has been mixed to a smooth paste with a little cold water, and pour it over the meat in the casserole. Cover with pastry or biscuit dough and place in a hot oven until the crust is baked and nicely browned. This amount makes eight servings.

MINCE PIE. The modern appetite being what it is, you may serve your mince pie as tarts if you wish. Line small tins - muffin pans do nicely—with pastry, fill with mincemeat of your own choosing, and cover with pastry strips and bake in oven at 400° F. until the crust is well browned. Or you may cover with pastry, sprinkled with grated cheese before it is baked; or if you wish to be very indiscreet, omit the top crust and cover with grated cheese. Serve hot. P. S. If you want to add something else to your mincemeat, try a little orange marmalade sometime.

CRANBERRY PIE. Cook 4 cupfuls of cranberries with 2 cupfuls of sugar and 1 cupful of water, until berries "pop." Add 2 tablespoonfuls of melted butter mixed smooth with 3 teaspoonfuls of flour. Mix well. Taste, and if more sugar is desired, add to the cranberries, mixing it in. Fill a pastry-lined pie plate. Cut thin strips of pastry and lay them crisscross on top of the berries, wetting the edges where they join the edge of the pie.

Bake in an oven at 400° F. until pastry is firm. Reduce the oven temperature to 350° and bake until the pastry is well browned and the berries are done. Serve cold.

LEMON PIE. Beat well the yolks of 4 eggs with 2 cupfuls of sugar and 1 large tablespoonful of butter. Dissolve 3 tablespoonfuls of cornstarch in a little cold water. Put into the double boiler 1½ cupfuls of boiling water. Stir into this the dissolved cornstarch and beat with an egg beater until smooth. Add the egg-and-sugar mixture, with the juice of 3 and grated rind of 1 lemon. Cook, stirring constantly, until the mixture is very thick. It should be so thick a spoonful will not drop from an inverted saucer. Pour the mixture into a previously baked

crust; cover with a meringue, made by beating until stiff the whites of 3 eggs, adding 6 tablespoonfuls of sugar and beating again.

Bake in an oven at 225° F. until meringue is lightly browned and crusty. It should take from one-half to three-quarters of an hour.

BLUEBERRY PIE. Line a pie plate with rich pastry. Dust the bottom of the pie very lightly with flour. Sift 1 cupful of sugar with 2 large tablespoonfuls of flour and mix with enough blueberries to fill the crust. Wet the edges of the undercrust with cold water and cover with pastry, pressing the edges together with a fork.

Bake in an oven at 400°-425° F. until the crust is "set," then reduce to 350° F. and bake until the juice begins to run. Serve cold.

PEACH PIE. Sliced peaches are used for this pie, and you will have as successful a pie with canned ones as with the fresh fruit. Fresh fruit pies require sugar. Canned fruits are sweetened and the sirup makes them "plenty sweet." At this season of the year you will probably use canned peaches.

Fill a pastry-lined pie plate with the drained peaches, adding about ½ cupful of the sirup. Add the juice of 1 lemon. Cover with pastry, pricking the top in the center.

Bake until the crust firms in an oven at 400°-425° F., then reduce the heat in the oven to 350° F. and bake until the crust is done.

Sometime, if you haven't thought of it before, add a meringue to your peach pie, instead of an upper crust, and bake it, in that case, in a previously baked lower crust, as in lemon pie. In the case of fresh fruit, the fruit must be cooked first for a meringue pie.

GLAZED YULE COOKIES

2 cups Sun-Maid Nectars (or Sun-Maid Seedless)
½ cup finely cut candied cherries
½ cup finely cut citron
1 cup finely cut preserved lemon and orange peel
½ cup chopped walnut kernels
1 cup granulated sugar

½ cup strained honey
1 cup (½ pound) butter
3 eggs, beaten
1 teaspoon lemon extract
6 cups all-purpose flour
1 teaspoon soda
Honey and egg white for glaze

Wash raisins, drain and dry on a towel. Cream sugar, honey and butter thoroughly; add eggs, lemon extract and beat. Add flour sifted with soda, fruits, peels, nut kernels and mix thoroughly. Divide dough into pieces, lift to board and work in sufficient flour to make dough easily handled. Roll medium thin, cut as desired and place on greased cookie sheet. Brush with equal parts egg white and honey beaten together. Bake in hot oven (400 degrees F.) 10 to 12 minutes. Makes 3½ dozen medium sized cookies.



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Spiced Cranberries

5 Cupfuls of cranberries
(approximately 2½ pounds)
4¼ Cupfuls of brown sugar
¾ Cupful of vinegar
1¼ Cupfuls of water
1 Tablespoonful of ground
allspice
1 Tablespoonful of ground
cinnamon
½ Tablespoonful of ground
cloves

Wash and pick over the cranberries and put them through the food chopper. Place in a large kettle, add the vinegar, sugar, water and spices and bring to a boil. Boil, stirring frequently until the mixture is thick enough to pile up on a spoon. Turn into hot sterilized glasses and cover with a layer of melted paraffin.

Cherry Drops

1 Egg
¾ Cupful of fine granulated
sugar
2 Tablespoonfuls of melted
butter
1 Cupful of cake or pastry flour
1 Teaspoonful of baking powder
½ Teaspoonful of salt
¾ Cupful of milk
½ Cupful of candied cherries,
cut in halves
Vanilla

Separate the egg yolk and white and beat the yolk until very light. Add the sugar gradually and continue beating. Add the melted butter. Sift the flour measure and lift again with the baking powder and salt. Add alternately with the milk to the first mixture and stir in the cherries. Lastly fold in the stiffly beaten egg white and partly fill the fluted paper cups and very small greased muffin tins with the mixture. Bake in a moderate oven—350 to 375 degrees Fahr.—for about fifteen minutes. Cool and frost with white butter icing and decorate with bits of cherry.

Filbert Macaroons

2 Egg whites
1 Cupful of fine granulated
sugar
1 Cupful of filberts
4 Soda biscuits

Beat the egg whites until stiff but not dry, add the sugar gradually and continue beating. Add the chopped filberts and the soda biscuits which have been rolled and sifted. Form into small balls and bake in a moderate oven—325 to 350 degrees Fahr.—for about fifteen minutes.

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25	Bbls. Russet Apples
125	Lbs. Bacon
75	Bu. Oats
120	Dox. Eggs, 4 crates
No.	

Doughnuts

- 1½ Tablespoonfuls of shortening
- ½ Cupful of sugar
- 1 Egg
- ½ Cupful of milk
- 2 Cupfuls of pastry flour
- 2 Teaspoonfuls of baking powder
- ½ Teaspoonful of cinnamon
- ½ Teaspoonful of nutmeg
- ½ Teaspoonful of salt

Cream the shortening, add the sugar gradually and continue creaming. Beat the egg well, add the milk and combine with the creamed mixture. Sift together the flour, baking powder, spices and salt, add to the first mixture and mix thoroughly. Turn

out on a lightly floured board and roll to about half inch thickness. Cut with a doughnut cutter and fry in hot, deep fat 375 degrees Fahr.—until golden brown, turning to brown both sides. Remove from the fat, drain on absorbent paper and if desired sprinkle with powdered or confectioner's sugar. Makes about two dozen doughnuts.

Drop Doughnuts

- 1 Egg
- ½ Cupful of milk
- 1½ Cupfuls of flour
- 2½ Teaspoonfuls of baking powder
- ¼ Teaspoonful of salt
- ¼ Teaspoonful of cinnamon and cloves mixed
- ½ Cupful of sugar
- Pinch of mace
- 1 Teaspoonful of melted shortening

Beat the egg until light and combine with the milk. Sift together the flour, baking powder, salt, sugar and spices and combine with the egg and milk mixture. Mix thoroughly and add the melted shortening. Drop by spoonfuls into deep, hot fat—375 degrees Fahr.—and fry until nicely browned and cooked through. Remove from the fat, drain on absorbent paper and serve fresh.

Chocolate Doughnuts

- ¼ Cupful of shortening
- 1¼ Cupfuls of sugar
- 2 Eggs
- 1½ Squares of unsweetened chocolate
- 1 Cupful of sour milk
- 4 Cupfuls of flour
- 1 Teaspoonful of baking soda
- 1 Teaspoonful of cinnamon
- ¼ Teaspoonful of salt
- 1½ Teaspoonfuls of vanilla

Cream the shortening, add the sugar gradually and continue creaming. Add the well-beaten eggs and the melted chocolate and mix thoroughly. Sift the flour with the baking soda, cinnamon and salt and add alternately with the sour milk to the first mixture. Add the vanilla and, if necessary, enough more flour to make a mixture that

Spiced Apple Jelly

- 4 Quarts of apples
- 6 Cupfuls of vinegar
- 1 Stick or one ounce of cinnamon
- ½ Teaspoonful of ground cloves
- ½ Teaspoonful of grated nutmeg
- 2 Slices of lemon
- 2 Cupfuls of water
- Sugar

Wash and slice the apples, place in a kettle, add the vinegar, spices, lemon slices and water and allow to cook until the apples are very soft. Turn into a jelly bag and allow to drip. Measure the juice, allow to boil for twenty minutes, then add the sugar—three-quarters of a cupful for every cupful of juice. Boil rapidly until the jellying stage is reached; that is, a little dropped from a spoon sheets from the edge of the spoon rather than dropping drop by drop. Pour into hot sterilized jelly glasses, cool, and cover with melted paraffin.

can be handled. Turn out on to a lightly floured board, pat and roll to about quarter inch thickness, cut with a doughnut cutter which has been dipped in flour and fry in deep hot fat—375 degrees Fahr.—turning to brown both sides. Remove from the fat and drain on absorbent paper. Dust with sugar if desired.

Timbales

- 1 Cupful of flour
- ½ Teaspoonful of salt
- ½ Teaspoonful of sugar
- ½ Cupful of milk
- 1 Egg
- 1 Tablespoonful of melted shortening

Sift together the flour, salt and sugar. Add the milk to the slightly beaten egg and combine with the dry ingredients. Add the melted shortening and beat until smooth. Put the timbale iron in the fat and heat the fat to the correct temperature for frying the timbales—370 degrees Fahr. Dip the hot iron into the batter to about three-quarters its depth and plunge immediately into the hot fat. Cook until delicately browned, having the iron completely immersed but not touching the bottom of the kettle. Remove from the fat and remove the timbale case from the iron, using a clean cloth in the hand and drain in inverted position on absorbent paper. This makes from eighteen to twenty cases.

Croustades

Cut stale bread in slices from two to two and a half ins. thick. Then shape in squares, oblongs or circles and scoop out the centres with a fork, leaving cases approximately quarter inch thick. Drop into deep, hot fat—375 degrees Fahr.—and fry until delicately browned on all sides. Drain on absorbent paper and use as a case for serving creamed vegetables, meat or fish.

JELLIED CONSOMMÉ is now to be had in cans ready to serve and is very delicious, requiring merely to be colored with a red vegetable color to transform it into a ruby consommé. Or you may use the canned consommé, adding gelatin and red color as required. Chill the consommé after the coloring has been supplied and serve in consommé cups with a parsley leaf or bit of cress on each cup.

CHICKEN ÉCLAIRS call for the white meat of 2 good-sized stewing chickens which have been simmered till tender, allowed to cool in the liquid, then removed, drained, and the breasts cut into dice. You should have 4 cupfuls of chicken, to which add ½ cupful of canned mushrooms, sliced, 3½ cupfuls of well-made white sauce, using half cream and half chicken stock, with seasoning to taste—a dash of mace is always very fine with creamed chicken. The éclairs may be purchased, or you may make them after the recipes for cream puffs, pressing out the paste in long narrow fingers, five inches by one and a half inches. When baked, cut into halves lengthwise and fill with the hot chicken preparation. Put together and serve on warmed plates with the potato straws and relish. If the

Cranberry Conserve

- 4 Cupfuls of cranberries
- ¾ Cupful of currants
- 1 Cupful of seeded raisins
- 6 Oranges, medium sized
- 2 Medium sized sour apples
- 1 Can of grated pineapple (No. 2)
- 6 Cupfuls of sugar
- 1 Cupful of boiling water
- ½ Cupful of blanched, shredded almonds

Wash and pick over the cranberries and chop coarsely, add the currants, the raisins, the pulp and grated rind of the oranges, the apples, cut in small pieces, the pineapple, sugar and water. Cook gently, stirring frequently to prevent sticking, until the mixture is thick—it will take about one hour. Remove from the heat, add the shredded almonds and turn into hot sterilized glasses. Cool and cover with a layer of melted paraffin.

Mint Marmalade

- 1 Cupful of orange pulp, freed from all white membrane
- ½ Pound of soft peppermint candy
- Juice and grated rind of two lemons

Combine the above ingredients and cook together slowly until the candy is melted and the mixture thick, stirring frequently to prevent sticking. Pour into hot, sterilized glasses, cool and cover with a layer of melted paraffin. Hard candy may be used, but it is better to crush or grind it first.

éclairs are ordered from the confectioner's or caterer's, reheat them before filling.

BARTLETT-PEAR SALAD can be made with fresh or canned pears. If fresh are used, they should be very luscious and ripe. Peel, cut into quarters lengthwise and remove seeds, arrange on lettuce leaves, points toward the center; arrange a few white grapes, seeded and halved, in the center and garnish with narrow ribbons of green pepper. Serve with grenadine dressing.

GRENADINE DRESSING. Whip together 2 eggs, 2 tablespoonfuls of sugar, ½ teaspoonful of mustard, 2 tablespoonfuls each of vinegar and lemon juice, ½ teaspoonful of salt and a dash each of white pepper and paprika. Cook over hot water till thick, remove, and add 2 tablespoonfuls of grenadine; beat for a moment and set away to chill. Then add 1 cupful of whipped cream, and enough grenadine to color faintly. The dressing should be quite stiff and a delectable pink. Place a rosette of it in the center of each salad serving. This salad serves both as dessert and salad course.

A JAPANESE MENU might prove very diverting and interesting if carried out in true Japanese fashion, the main course served in blue Canton-china bowls, or the cheaper chow-mein bowls, which are now to be found in even the dime stores. Cover the bridge tables with simple little Japanese or Chinese cloths, provide only chopsticks for the (Continued on Page 42.)

Baked Beans and Frankfurters

en Casserole

- | | |
|---|-------------------------------------|
| 2 Cups Canned Baked Beans with Tomato Sauce | 2 Tablespoons Chopped Green Peppers |
| 1/2 Cup Bread Crumbs | 2 Tablespoons Chopped Onion |
| 1/2 Cup Grated Cheese | 1 Tablespoon Butter |
| 1/2 Cup Chopped Frankfurters | 2 Slices of Bacon |
| | 2 Frankfurters (Sliced Thinly) |

Cook the onions and green peppers in the melted butter until soft (about 5 minutes). Mix the beans, bread crumbs, cheese, cooked green peppers and onions, and chopped frankfurters, together. Pour into a greased casserole. Cover with alternate slices of bacon and frankfurters and bake in a moderate oven 350 degrees F. for about 30 minutes. Serves 4.

Frankfurter and Baked Bean Salad

- | | |
|-------------------------------------|--|
| 2 Cups Canned Baked Beans (Drained) | 3 Frankfurters, Peeled and Chopped |
| 1/4 Cup Finely Chopped Celery | Salt to Taste |
| 2 Tablespoons Chopped Green Pepper | Dash Cayenne |
| | 3 Tablespoons Mayonnaise |
| | 1 Tablespoon Prepared Horseradish Greens |

Mix together the baked beans, celery, green pepper and frankfurters. Sprinkle with salt to taste and add a dash of cayenne. Add the horseradish to the mayonnaise and mix thoroughly. Blend the horseradish-mayonnaise with the other ingredients and chill. Serve on lettuce, romaine or with watercress garnish. Serves 6.

CONSIGNMENT NO. 6.

25 LBS. BACON.

Mixed Grill

- | | |
|--------------------------------------|-------------------------|
| 2 Frankfurters | 2 Large Mushrooms |
| 4 Slices Bacon | 2 Halves Canned Peaches |
| 1 Parboiled Sweet Potato Cut in Half | Butter, Brown Sugar |
| | Maitre d'Hotel Butter |

Brush the mushrooms and potato halves with butter and sprinkle the potatoes with a little brown sugar. Arrange all ingredients on the broiling rack and broil under a low flame. Serve on a platter and pour on Maitre d'Hotel Butter. Serves 2. To make Maitre d'Hotel Butter: With a wooden spoon cream 4 tablespoons of butter in a bowl, until soft. Add 1/2 teaspoon salt, 1 teaspoon chopped parsley and 2 teaspoons of lemon juice. Blend until well mixed and serve.

Stuffed Baked Frankfurters

- | | |
|-------------------------------|--|
| 1 1/2 Cups Bread Cut in Cubes | 2 Tablespoons Salt and Pepper to taste |
| 3 Tablespoons Melted Butter | 6 Frankfurters |
| 3 Tablespoons Chopped Onion | 6 Slices of Bacon |

Cook the onions in the melted butter until soft. Mix together the bread cubes, parsley and cooked onion. Season with salt and pepper to taste. Cut an opening partially through each frankfurter and insert the dressing. Wrap the bacon slices around the frankfurters and fasten with a toothpick. Bake in a shallow pan in a moderate oven 375 degrees F. for 25 to 30 minutes.

CONSIGNMENT NO. 6.

75 BUL. OATS

CONSIGNMENT NO. 6.

Cream of Potato Soup with Frankfurters

- | | |
|---------------------------|------------------------------|
| 2 1/2 Cups Riced Potatoes | 1/2 Teaspoon Salt |
| 1 Medium Onion (Sliced) | 1/2 Teaspoon Pepper |
| 1 Quart Milk | 1 Tablespoon Chopped Parsley |
| 2 Tablespoons Butter | 1/2 Cup Chopped Frankfurters |
| 2 Tablespoons Flour | |

Scald the milk with the sliced onion in the top of a double boiler over boiling water. Remove the onion and add the milk slowly to the riced potatoes, stirring constantly with a wire whip or rotary egg beater. Melt the butter blend in the flour and add the potato and milk mixture. Add the seasonings and cook until thickened. Add the parsley and frankfurters, reheat and serve. Serves 6.

Hot Baked Bean Sandwich with Broiled Frankfurters

Reheat a loaf of Boston Brown Bread in a steamer or in the top of a double boiler over boiling water. Reheat the contents of one can of baked beans. Slice the bread thinly and spread one side of each piece with butter. Place one heaping tablespoon of hot baked beans on one slice of bread and cover with another slice. Pour hot Mock Hollandaise Sauce over the sandwich and serve with broiled frankfurters. To broil frankfurters: Cut in half lengthwise and broil under a low flame until brown. Never parboil frankfurters and remember they should be treated as delicately as a steak to retain the juice. For Mock Hollandaise Sauce use:

- | | |
|-----------------------------|---------------------------|
| 2 Tablespoons Butter Melted | 1/2 Teaspoon Pepper |
| 2 Tablespoons Flour | Dash of Paprika |
| 1 Cup Milk | 1 Egg Yolk |
| 1/2 Teaspoon Salt | 2 Tablespoons Lemon Juice |
| | 1/2 Cup Mayonnaise |

Melt the butter in the top double boiler over boiling water; add the flour and stir to a smooth paste. Add the milk gradually, stirring constantly. Add the seasonings. Slowly add the egg yolk, beaten and mixed with a little of the sauce. Continue stirring and add lemon juice. Remove from fire, slowly add the mayonnaise and blend. Reheat and serve.

OVEN DINNER MENUS

*Oven Cooked Stew with Vegetables, 2 1/2 to 3 hours
Tomato Jelly Salad

Baked Rice Pudding with Raisins, 3 hours
Temperature 300 to 325 deg. Fahr.
(The baked dishes on this menu may be put in the heat-controlled oven early in the afternoon and forgotten until dinner time.)

Roast of Beef, 1 1/2 to 2 hours
Browned Potatoes, 1 hour
*Glazed Parsnips, parboiled, baked 15 to 20 minutes
Sliced Bananas in Lemon Jelly with Cream or Custard Sauce
Temperature 400 deg. Fahr.

(ILLUSTRATED)

Dressed Spare-ribs, 1 1/4 to 1 1/2 hours
Glazed Sweet Potatoes, parboiled, baked 30 minutes
Scalloped Tomatoes, 45 minutes
*Club Indian Pudding, 1 hour

In this menu, the meat goes in the oven and begins to cook while the pudding is being made, then it goes in. The tomatoes are prepared and put in, and lastly the potatoes, sliced and covered with butter and brown sugar, go in. Then all come out at once.

Temperature 350 deg. Fahr.

Baked Sausages, 25 to 30 minutes
*Potato Soufflé, 30 minutes
Baked Stuffed Onions, parboiled, baked 45 minutes
Apple Crisp, 30 to 45 minutes

In this menu the potatoes for the soufflé may be cooked, the stuffed

Oven-cooked Veal Steak, 45 to 55 minutes
Baked Potatoes, 45 to 60 minutes
Baked Carrots, 30 to 40 minutes
*Cherry Roly-poly Pudding, 20 to 30 minutes
Temperature 400 to 450 deg. Fahr.

Scalloped Salmon, about 1/2 hour
Oven-fried Potatoes
Corn and Tomato Casserole, about 1/2 hour
Deep Apple Pie, 45 minutes
Temperature 400 deg. Fahr.

*Oven Steamed Fillets of Fish, 10 to 15 minutes
*Baked Noodles au gratin, 25 to 30 minutes
Cole Slaw
Cottage Pudding, 25 to 30 minutes
Lemon Sauce
Temperature 350 to 400 deg. Fahr.

Macaroni and Cheese, 25 to 30 minutes
Spinach Molds with Hard-cooked Egg, 15 minutes
*Prunes with Lemon, 1 hour (or stewed on top of stove)
Corn Muffins, 25 minutes
Temperature 400 deg. Fahr.

onions and the apple crisp prepared for baking early in the day. They begin to cook while the potato soufflé is being mixed. Then it goes in with the sausages.

Temperature 350 to 375 deg. Fahr.

CONSIGNMENT NO. 7

LBS. CREAM BUTTER

Unmold on a platter and garnish with water cress and sliced tomatoes. Serve with mayonnaise.

Baked Canned Spiced Ham

- | | |
|------------------------|-------------------------|
| 1-Pound Can Spiced Ham | Whole Cloves |
| 1/4 Cup Brown Sugar | 1/4 Cup Pineapple Juice |

REMOVE the ham from the can and cut in 1/2 slices. Place the slices in a flat baking pan and pour in the pineapple juice. Sprinkle the ham with the brown sugar and dot with the whole cloves. Place in the oven and bake at 400 degrees F. for about 20 minutes, or until the sugar melts and becomes crusty.

Pineapple-Coconut Cream

- | | |
|------------------------------|-----------------------------|
| 1/4 Pound Marshmallows | 1 Cup Cream, Whipped |
| 1 1/4 Cups Crushed Pineapple | Maraschino Cherries |
| 1/4 Cup Shredded Coconut | Sliced Pineapple, Quartered |

CUT each marshmallow into quarters and add to the crushed pineapple and shredded coconut. Place in the refrigerator to chill for at least 1 hour. Serve in sherbet cups and garnish with the whipped cream, cherries, and sliced pineapple.

Canned String Beans and Tomato Salad

DRAIN the liquor from 1 can of beans and place in a bowl. Add 3 tomatoes, cubed, 1 teaspoon grated onion, and enough French dressing to cover. Allow to stand in the refrigerator for several hours. Drain and serve on lettuce with mayonnaise.



Beef Stuffing

- | | |
|---------------------------------------|------------------------------------|
| 2 onions, chopped | 2 tablespoons chili sauce |
| 2 tablespoons bacon drippings | $\frac{1}{2}$ cup seedless raisins |
| 1 cup gravy or thick white sauce | 2 eggs, beaten slightly |
| 3 cups cooked beef, ground | 3 thin slices cheese |
| $1\frac{1}{2}$ cups soft bread crumbs | |

BROWN chopped onions in bacon drippings. Add gravy, ground beef, bread crumbs, chili sauce and raisins. Heat. Add eggs and use to fill a hollowed-out loaf of bread. Spread slices of cheese on top and adjust cover.

Veal Stuffing

- | | |
|---------------------------|---------------------------|
| 1 cup cooked beef, ground | 2 tablespoons chili sauce |
| 2 cups canned veal loaf | 1 cup soft bread crumbs |
| | 2 eggs, beaten slightly |

STIR beef into heated veal loaf, add chili sauce and bread crumbs. Stir while heating. Add eggs and use to stuff a hollowed-out loaf of bread.

Pork Stuffing

- | | |
|--------------------------------------|---------------------------------------|
| $\frac{1}{4}$ onion, chopped fine | 2 cups cooked pork, ground |
| 3 tablespoons green pepper, chopped | 1 cup cooked ham, ground |
| 2 tablespoons bacon drippings | $1\frac{1}{2}$ cups soft bread crumbs |
| 1 cup canned tomato soup (condensed) | 1 teaspoon salt |
| | 2 eggs, beaten slightly |

BROWN onion and green pepper in bacon drippings and add canned tomato soup. Stir in meat, bread crumbs and salt, and heat. Add eggs and use to stuff a hollowed-out loaf of bread.

Lamb Stuffing

- | | |
|-----------------------------------|---------------------------------------|
| 1 cup canned pea soup (condensed) | $1\frac{1}{2}$ cups soft bread crumbs |
| 1 tablespoon onion, grated | $\frac{1}{2}$ teaspoon salt |
| 3 cups cooked lamb, ground | 2 eggs, beaten slightly |

To the canned pea soup add onion, meat, bread crumbs and salt. Heat and add eggs. Use to stuff a hollowed-out loaf of bread.

Dried Beef Stuffing

- | | |
|--|---|
| 2 cups medium white sauce | 1 cup cheese, cut fine, grated or put through sieve |
| $\frac{1}{2}$ pound chipped dried beef | |

ADD chipped dried beef and cheese to white sauce. Use to stuff a hollowed-out loaf of bread.

Tuna Fish or Salmon Stuffing

- | | |
|-----------------------------------|---------------------------------------|
| 1 cup thick white sauce | $\frac{1}{2}$ teaspoon salt |
| 2 cups canned tuna fish or salmon | 2 tablespoons minced parsley |
| 1 tablespoon lemon juice | $1\frac{1}{2}$ cups soft bread crumbs |
| Few gratings lemon peel | 2 hard-cooked eggs, minced |

To the hot white sauce add salmon or tuna fish, lemon juice, lemon peel, salt, parsley and bread crumbs. Heat, then add minced eggs. Use for stuffing a hollowed-out loaf of bread.

Ham Stuffing

- | | |
|------------------------------------|---------------------------------------|
| 1 small onion, chopped | $1\frac{1}{2}$ cups soft bread crumbs |
| 1 tablespoon green pepper, chopped | 3 sprigs parsley, minced |
| 2 tablespoons bacon drippings | 1 tablespoon prepared mustard |
| 1 cup canned cream of tomato soup | 1 teaspoon pepper |
| 3 cups cooked ham, chopped | 2 eggs, beaten slightly |

BROWN the onion and green pepper in bacon drippings. Add canned cream of tomato soup and chopped cooked ham. Stir in bread crumbs and heat. Then add minced parsley, mustard, pepper and eggs. Use for stuffing a hollowed-out loaf of bread.

Mock Duck

- | | |
|---------------------------------|---|
| 1 lb. chopped veal | 1 cup grated dry bread or rolled cracker crumbs |
| 1 lb. chopped pork | |
| 1 lb. chopped beef | $1\frac{1}{2}$ teaspoons sage |
| $1\frac{1}{2}$ tablespoons salt | $\frac{1}{2}$ teaspoon marjoram |
| $\frac{1}{2}$ teaspoon pepper | 1 egg |
| 2 tablespoons chopped onion | Dash tabasco |
| 1 tablespoon chopped parsley | 1 cup stock |

HAVE veal, pork, and beef put through meat grinder together. To this add salt, pepper, onion, sage, marjoram, parsley, tobasco, and crumbs. Mix thoroughly, then add slightly beaten egg and stock. (Make stock to use for gravy and for basting meat from a piece of veal bone broken in pieces; cover with water and cook slowly for about one hour). When liquid has been well blended with meat, pack into greased pan, shaping into an oval loaf. Bake in moderate oven (375° F.) about 3 hours, basting occasionally with $\frac{1}{2}$ cup stock to which 3 tablespoons fat have been added. Serve with Mushroom Gravy.

Croquettes of All Kinds

WHITE sauce binds the flavor ingredient of croquettes to make shaping and frying possible. One cupful of thick white sauce is combined with 1 to 2 cupfuls

of finely divided meat, fish, vegetable, etc., and the proper seasonings; it is cooled, then shaped, and rolled in egg and crumbs; then it is fried in deep fat or sautéed.

Seasonings for white sauce, per cupful, are often combined to accompany croquettes: Onions—2 or 3, plain or browned. Mustard—1 to 3 teaspoonfuls. Horse-radish—1 to 3 tablespoonfuls. Olives— $\frac{1}{8}$ to $\frac{1}{2}$ cupful. Pimentos or green peppers— $\frac{1}{4}$ to $\frac{1}{2}$ cupful. Curry powder— $\frac{1}{2}$ to 3 teaspoonfuls. Capers—2 to 4 tablespoonfuls. Parsley—2 to 4 tablespoonfuls. Celery— $\frac{1}{4}$ to $\frac{1}{2}$ cupful. Mushrooms— $\frac{1}{4}$ to $\frac{1}{2}$ cupful. Bouillon cubes, extracts, and pastes—by direction. Anchovy paste—1 to 2 teaspoonfuls or 4 or 5 anchovies. Chives—2 teaspoonfuls. Chili sauce, catchup, Worcestershire sauce, diced ham, lemon juice, peanut butter, raisins, chopped pickles, chopped nuts, etc., have their place among the seasonings.

Cheese sauce (Mornay): $\frac{1}{4}$ to $\frac{1}{2}$ cupful grated cheese (2 to 4 oz.), with mustard and paprika for seasoning. Serve with eggs, macaroni, string beans, asparagus.

Shrimp sauce: $\frac{1}{2}$ cupful shrimp, or more. Serve with fish.

Mock hollandaise: Into 1 cupful medium white sauce stir 2 egg yolks and 1 tablespoonful lemon juice gradually. Add 2 tablespoonfuls butter cut into bits and beat. Stir over boiling water until thick and smooth.

Creamed and Scalloped Foods

FOR 1 cupful of medium white sauce, 1 to $1\frac{1}{2}$ cupfuls of food are prepared—meat, chicken, fish, shellfish, vegetables, eggs, macaroni, etc. (always adding seasonings to round out the full flavor). The white sauce and food mixture are arranged in alternate layers in a baking dish with $\frac{1}{2}$ to 1 cupful buttered crumbs on top.

Cream Soups, Bisques, Purées

ONE cupful of thin white sauce is combined with $\frac{1}{4}$ to 1 cupful of cooked food, strained or finely divided—the exact proportion depending on the flavor of the food used. The seasonings too vary with the nature of the food. Bisques are properly fish or shellfish—salmon, clam, lobster, shrimp, etc.—are slightly thicker than cream soups, and require more flour. For purées use $\frac{1}{2}$ more of the vegetable pulp than for cream soups and, if necessary, use more flour to make it thicker.

Soufflés for Entrée and Dessert

A SOUFFLÉ is thick white sauce plus (for an entrée) fish, chicken, vegetable, cheese, and seasonings, or plus (for a dessert) sugar and flavoring. Add egg yolks, fold in beaten whites; then bake in a slow oven.

Entrée: 1 cupful thick white sauce, 1 cupful food ingredient, 2 or 3 eggs, seasonings.

Dessert: 1 cupful thick white sauce, about $\frac{1}{8}$ cupful sugar, 2 or 3 eggs, and the flavor ingredient— $\frac{1}{2}$ cupful fruit pulp, or 2 oz. chocolate, or $\frac{1}{2}$ teaspoonful vanilla, etc.

COMMISSION BUSINESS.

French Pork Pie

Crab Meat Cocktail

- | | |
|---------------------------|----------------------------|
| 1/2 cup catsup | 2 teaspoons Worcestershire |
| 2 tablespoons lemon juice | 1 tablespoon chopped |
| Few drops Tabasco | capers |
| 1 tablespoon horse-radish | 1 teaspoon chopped onion |
| 1 cup flaked crab meat | |

Mix all the ingredients except the crab meat. Arrange crab meat in cocktail glasses and pour sauce over it. Be sure that all ingredients are very cold. Garnish with lemon slices.

Lincoln Loaf

- | | |
|---------------------------|---------------------------|
| 2 pounds ground lean veal | 2 teaspoons salt |
| 1/4 cup cracker crumbs | 1/2 teaspoon pepper |
| 1 egg | 2 tablespoons chopped |
| 2 tablespoons chopped | onion |
| parsley | 1/2 cup chopped mushrooms |
| 2 tablespoons fat | 1/3 cup tomato juice |

Mix veal, cracker crumbs, beaten egg, parsley, fat, salt, pepper, onion and mushrooms. Moisten with tomato juice, adding a little more than 1/3 cup if necessary. Shape into a compact loaf. Slide onto a baking sheet, place thin strips of bacon on top and bake in a moderate oven (350° F.) about 1 1/4 hours. When cold, decorate as shown below with stars and stripes of mayonnaise put on with a pastry gun. Serve with mounds of Waldorf salad.

Endive and Grape Salad

Remove skins of large white grapes, cut in halves and take out seeds. Arrange leaves of endive boat fashion and fill with grapes. Sprinkle with chopped Marshino cherries and serve with French dressing.



Cheese Fondue

- | | |
|-----------------------------------|---------------------|
| 1 1/2 cups milk | 2 eggs |
| 1 1/2 cups bread crumbs | 1 teaspoon salt |
| 2 tablespoons butter | 1/4 teaspoon pepper |
| 1 1/2 cups grated American cheese | |

Scald milk in double boiler. Add crumbs, butter, well-beaten eggs, salt and pepper. Cook over hot water 5 minutes. Add cheese and cook slowly until cheese is melted, stirring constantly. Serve garnished with toast points.

RAGOUT A LA TURQUE

- | |
|-------------------------------------|
| 3 tasses de riz cuit |
| 2 petites tomates |
| 1/2 oignon haché |
| 2 tasses de mouton froid haché |
| 1 1/2 tasse de bouillon ou d'eau |
| 3 cuil. à soupe de miettes beurrées |

Mélangez le riz et les tomates, l'eau et les oignons, placez-les en des couches successives et alternées, dans une casserole enduite de graisse. Couvrez ceci avec des miettes de pain et faites rôtir pendant 25 minutes dans un four moyen (370-375° Fahrenheit).

Buy the following invoice of merchant for the remainder of the invoice.

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|--------------------|---------------------|
| Pork shoulder hock | Few grains thyme |
| (2 to 3 lbs.) | 3 peppercorns |
| 2 teaspoons salt | 2 cups tomato pulp |
| 1 teaspoon pepper | 1 small cauliflower |

Cut the meat in small pieces, dredge with flour and brown in a little hot fat. Cover with boiling water and simmer for 1 hour. Add seasonings and tomato pulp—if not thick enough, thicken with flour mixed to a paste with a little cold water. Par-boil the cauliflower. Put the meat mixture in a baking dish with the cauliflower, separated into flowerets. Cover with a rich biscuit dough, making slits to allow steam to escape. Bake in a hot oven (425° F.) 15 to 20 minutes.

Curried Lamb Pie

- | | |
|---------------------|----------------------|
| 3 small lamb shanks | 1/4 cup diced cooked |
| 3/4 teaspoon curry | potatoes |
| powder | 6 small cooked |
| 1 cup diced cooked | onions |
| carrots | |

Simmer lamb shanks in boiling water to cover until tender. Remove meat from bones and cut in medium-sized pieces. Mix the curry powder and a little flour to a paste with cold water, add to the stock and stir until smooth. Season to taste with salt and pepper. Add meat and vegetables and put in baking dish. Cover top with tiny baking powder biscuits and bake in a hot oven (425° F.) 15 to 20 minutes.

Veal and Ham Pie

- | | |
|-----------------------|-------------------|
| 1 small onion, sliced | 1 1/2 pounds veal |
| 2 tablespoons fat | 1 pound ham |
| 3 hardcooked eggs | |

Cook onion in fat for 5 minutes. Cut meat in pieces and dredge with flour. Cook with onion until slightly brown. Add enough water to almost cover and cook slowly until almost

tender. Remove meat and thicken with a little flour mixed to a paste with cold water. Season to taste with salt and pepper. Fill baking dish with layers of meat and sliced eggs. Pour gravy over and cover with pastry, making slits to allow steam to escape. Bake in a hot oven (400° F.) about 30 minutes.

Beefsteak Pie

- | | |
|-------------------|---------------------|
| 2 pounds round of | 1/2 cup canned must |
| beef | rooms |
| 6 small onions | |

Cut meat in thin strips, brown in hot fat, cover with water and cook slowly until tender. (There should be about 2 cups stock when meat is done.) Cook onions until almost tender. Thicken the stock with a little flour mixed to a paste with cold water. Put the meat and onions in baking dish with mushrooms and pour gravy over them. Cover with a creamy mashed potato crust and bake in a hot oven (425° F.) 15 to 20 minutes.

Liver and Vegetable Pie

- | | |
|------------------|---------------------|
| 2 carrots | 6 tablespoons fat |
| 2 potatoes | 1 onion |
| 1 small can peas | 3 tablespoons flour |
| 1 pound liver | 2 teaspoons salt |
| | 1/2 teaspoon pepper |

Cut carrots and potatoes in cubes; cook in boiling water until almost tender. Save 2 cups of the vegetable stock. Wipe liver, cut in slices and dredge with flour. Brown well in the fat, then cut in cubes. Slice the onion and brown in the fat. Remove onion, add flour, salt and pepper to the fat and mix until smooth. Add the hot stock gradually, stirring constantly until smooth. Put the liver and vegetables in a baking dish in alternate layers. Pour stock over and cover with either a biscuit or potato crust. Bake in a hot oven (425° F.) 15 to 20 minutes.

EPAULE DE MOUTON

Prenez une belle épaule de mouton déossée. Étendez-la sur la table, le côté déossé au-dessus, assaisonnez de sel et de poivre. Prenez une cuillerée à bouche de persil, six champignons crus, une demi-gousse d'ail et une demi-livre de jambon cru: hachez le tout très finement et ajoutez-y une demi-livre de mie de pain et un oignon haché séparément et passé au beurre: poivrez et salez le mélange, liez avec deux oeufs entiers et remplissez-en l'épaule; roulez-la en long ou "en bœuf-tête" et couvrez-la bien fermée. Mettez-la dans une casserole avec un oignon, une carotte et un bouquet garni; arrosez-la d'une bouteille de vin blanc léger ou d'une chopine de consommé; au premier bouillon, retirez la casserole sur le côté du fourneau, couvrez-la et laissez mijonner pendant deux heures. Une demi-heure avant de servir, ôtez le couvercle et mettez la casserole au four, faites glacer l'épaule d'une belle couleur en l'arrosant souvent avec son jus de cuisson; retirez-la du four, débidez-la et posez-la sur un plat très chaud. Passez le fond de la cuisson au tamis dans une autre casserole, dégraissez et faites un peu réduire; liez avec une cuillerée à café de fécule, délayée dans deux cuillerées d'eau froide, ajoutez un quart de livre de glace de viande. Dressez autour de l'épaule, que l'on découpe en tranches transversales, et par bouquets, de petits oignons cuits avec un peu de sucre de petits quartiers de navets cuits au beurre, de petites carottes rondes et de petites pommes de terre rôties au beurre; versez une partie de la sauce sur l'épaule et le reste dans la saucière. Faites donner des assiettes très chaudes.

SAUCE TARTARE HEINZ

Pour obtenir une bonne Sauce Tartare, ajoutez à 1/4 de tasse de Heinz Sauté Relish, 1/4 de tasse de Sauce à salade Heinz. Mélangez bien et servez.

FILET DE MOUTON AUX CHOUX

Il se prépare comme l'épaule de mouton, il faut donner un petit coup de coupe à chaque jointure. On peut aussi le servir rôti sur de l'oseille, des haricots et des choux-fleurs.

GELATINE DE VEAU

Prenez, de préférence, les chairs de la noix dans une épaule de veau; découpez-les en lames; préparez des lames semblables de lard et de jambon. Garnissez de bardes de lard le fond et les côtés d'une terrine; placez un lit de morceaux de veau bien serrés, un lit de lard et de jambon, remplissez les interstices de chair à saucisses; salez, poivrez, joignez un peu de canelle, muscade; recommencez jusqu'à ce que votre terrine soit aux trois quarts pleine; en dernier lieu, un lit de veau; mouillez moitié bouillon, moitié de vin blanc; si vous avez bien serré, il doit en entrer un peu couvrez le tout de bardes de lard; fermez hermétiquement, garnissez même le joint du couvercle avec de la pâte et mettez au four deux heures.

"O ME Christmas never seems quite the jolly season it is supposed to be unless I make a few candies. I don't mean those conscious bits of sweetness produced by our mous confectioners, those meltingly exotic cream-centered chocolates which are almost gned pieces, those glistening glacé fruits, or le buttery caramels and fascinating tree ornaments of highly colored barley sugar. No deed; those delectable symbols of the holidays are best left to professionals. My candies, while just as delicious, just as attractive and desirable, are quite simple to make. But they do add to the jovousness of the season in a good fun that's to be had in the making, as gifts or just to nibble on through the gay Christmas week.

Take fudge, for instance. No confection is ore welcome than homemade fudge—if it is all made—and there are so many ways of trying it and adding a personal touch which, find, always makes it even more popular. Few creams to add lightness and delicacy to y assortment I make also, these from an sy and fascinating recipe; several novel stes and jellies to give an Oriental touch; me of the good substantial chewy candies; ocolate-dipped sweets, of course; and then, a final decorative touch, I buy several rieties of the plainer commercial confec- ons—marshmallows, peppermint and win- green patties, and so on—and dress them with my own little icing tubes and acces- ries in a very distinctive way, so that when e baskets and boxes are all packed they ook very attractive and, what is more, erything in them tastes perfectly delicious. d I've had the best kind of time over the ole thing.

Before my candy-making activities begin I ck over my supplies carefully and see to it t I have everything at hand for the work. st of which I may say I do in the evening, en I am sure of no outside interruptions.

Having assembled all my stage properties, I am ready to go to work. One of the nicest things about making Christmas candy is the fact that the weather needs no consideration. It's very difficult to make fine confections on hot, humid days, but in winter the atmosphere is almost always just right. I take care not to do chocolate dipping in a very hot room, keeping the temperature about 65° F.—never more than 70°—and I always melt the chocolate at a low heat; about 85° or 90° is correct.

Just a word as to boiling sirups before going into the matter of recipes; if it is inconvenient to use a candy thermometer it is well to be come familiar with these terms: Soft ball is a common term; it means that a teaspoonful of the boiling sirup when dropped in cold water will form a soft mass which may be made into a ball very easily—or 236° to 238° if tested by the candy thermometer; this is the proper degree for fudges and similar candies. Hard ball—or 254° to 260°—is correct for taffies and pulled candies; the sirup dropped in cold water forms a distinctly hard, almost brittle ball. Brittle candies are cooked at 285° to 290°, or until the sirup tested in cold water cracks when broken with the fingers. There are many degrees between, of course, but these are most often referred to and used.

Cinnamon Stars

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

1 c. + 3 tbsp. powdered sugar 1 egg white
1 tsp. lemon juice ¼ c. gr. and blanched almonds
1 tsp. grated lemon rind ½ tsp. cinnamon

Fold the sugar, lemon juice, and lemon rind into the egg white, stiffly beaten. Add the almonds and cinnamon. Roll ⅛" thick on a board sprinkled with powdered sugar, and cut into star shapes. Place on a greased baking sheet and bake in a moderate oven of 350° F. for 8-10 min. Makes 24 stars.

Any pattern of cutter may be used for these cookies.

CANDY

Christmas Cherries

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

⅓ c. shortening 1½ tsp. grated lemon rind
¼ c. granulated sugar 1 tbsp. lemon juice
1 egg, separated 1 c. sifted cake or pastry flour
½ tsp. vanilla extract ½ c. chopped walnut meats
1 tsp. grated orange rind 6 candied cherries

Cream the shortening; add the sugar and cream well. Add the beaten egg yolk, vanilla, orange and lemon rind, and lemon juice, and mix well. Add the flour and mix well; chill. Roll into small balls ½" in diameter; roll in the egg white slightly beaten, then in the walnut meats. Place on a greased baking sheet and press a small piece of cherry on each. Bake in a moderate oven of 350° F. for 20 min. Makes 33 cookies 1½" diameter.

In using an electric beater allow the shortening to stand at room temperature until soft; then cream for 1 min. Add the sugar, still using high speed. Then scrape the bowl and beat 1 min. Add the egg yolk, unbeaten, the vanilla, rinds, and lemon juice; beat for 1 min. Turn to lowest speed and add the flour. Scrape the bowl and beat a few seconds longer. Proceed as directed.

Sandies

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

6 tbsp. shortening ½ tsp. ice water
2½ tbsp. confectioners' sugar ½ c. chopped walnut meats
1 c. sifted cake or pastry flour 1½ c. powdered sugar

Cream the shortening; add the confectioners' sugar and cream well. Add the flour, ice water, walnut meats, and vanilla, and mix well. Chill. Shape into rolls 1" long by ½" wide and place on a greased baking sheet. Bake in a slow oven of 300° F. for 30-35 min. or until lightly browned. Remove from cookie sheet and shake immediately in a bag with the

powdered sugar. Makes 20 cookies. If preferred, the dough without previous chilling may be dropped from the tip of a teaspoon on to a greased baking sheet and baked as above.

In using an electric beater allow the shortening to stand at room temperature until soft; then cream for 1 min., using high speed. Add confectioners' sugar; beat well. Turn to lowest speed and add the flour, ice water, nutmeats, and vanilla. Scrape the bowl and beat a few seconds longer. Proceed as directed.

Peanut Dainties

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

1 tbsp. granulated gelatin ½ tsp. salt
¼ c. cold water 1½ tsp. lemon juice
1 c. light brown sugar 1 c. snipped or chopped
1 tsp. hot water 1 c. chopped pine

Add the gelatin to the cold water. Heat the sugar, hot water, and salt to the boiling point; add the gelatin and boil for 15 min. Remove from the heat and cool slightly. Add the lemon juice and peanuts, and turn into a pan about 6" x 6". Allow to set in a cool place for about 12 hrs. Cut into squares. Makes about ½ lb.

Orange Cookies

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

2¼ c. sifted cake or pastry flour 2 egg y. lks. beaten
1½ tsp. salt 2 tbsp. orange juice
8 tbsp. granulated sugar 1 tbsp. grated orange rind
½ c. shortening 1 egg white
1 c. chopped nutmeats

Sift together the flour, salt, and 6 tbsp. of the sugar, and cut in the shortening either with a pastry blender or two knives, using a cutting motion, until the mixture is crumblike in consistency. Add the egg yolks, orange juice and rind, and mix well. Roll ¼" thick, using as little flour as possible. Cut with a 2" cookie cutter and place on a greased baking sheet.

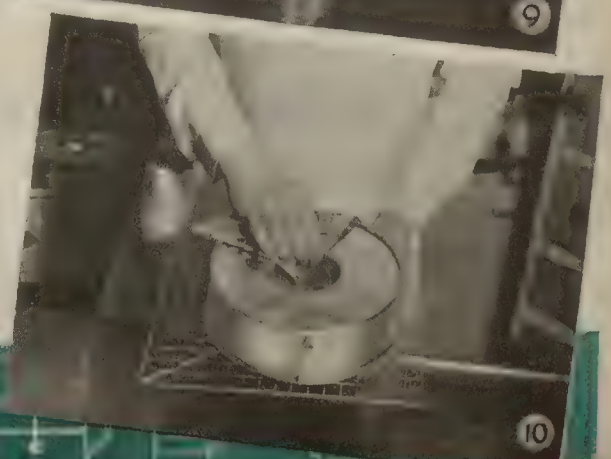
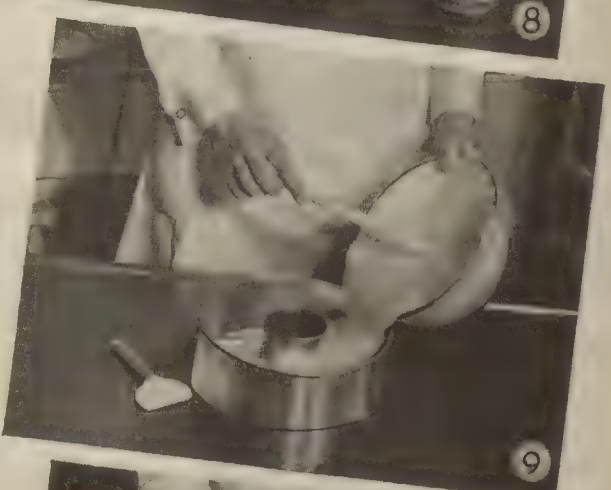
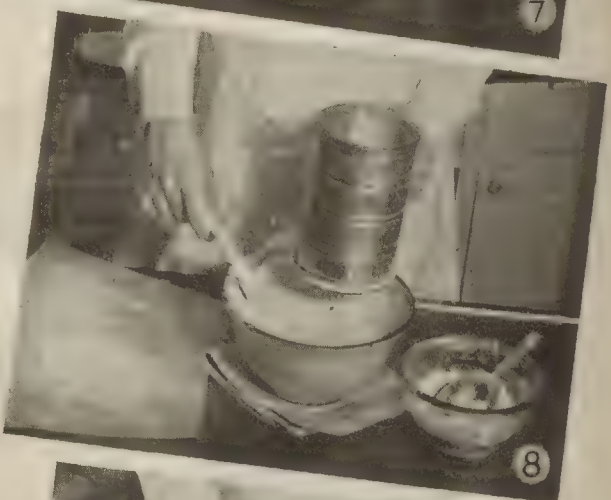
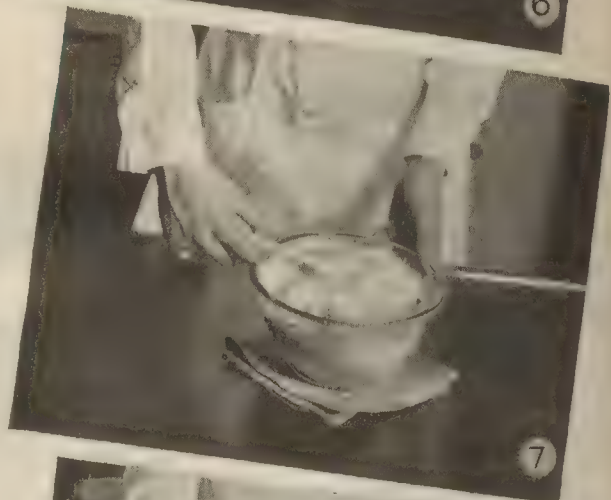
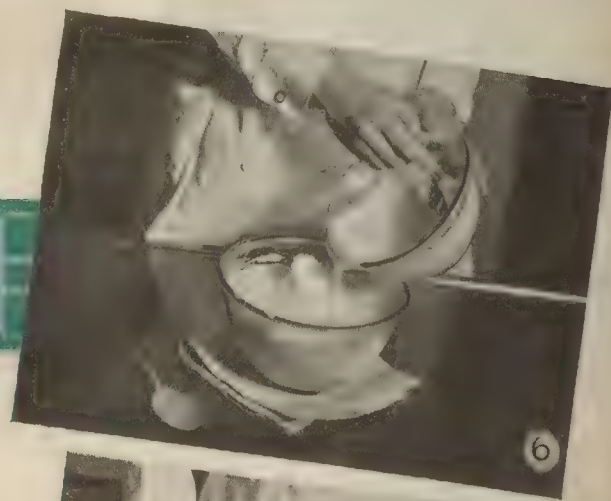
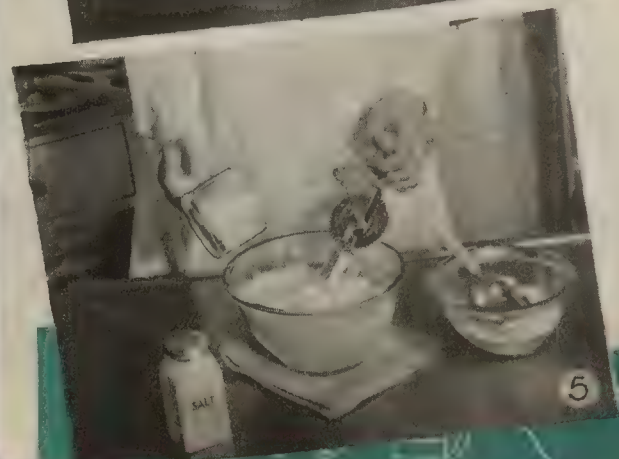
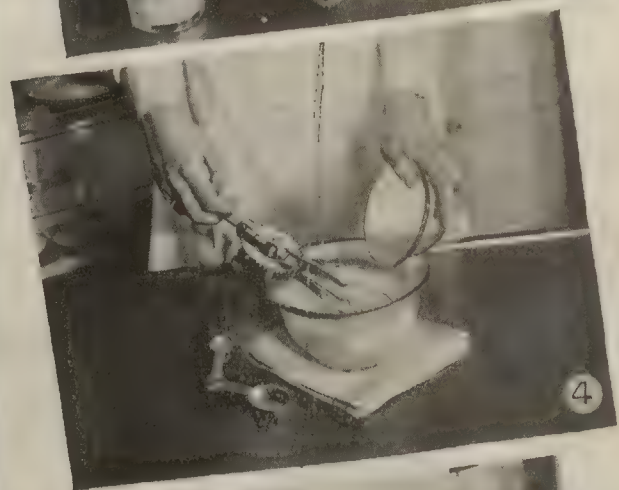
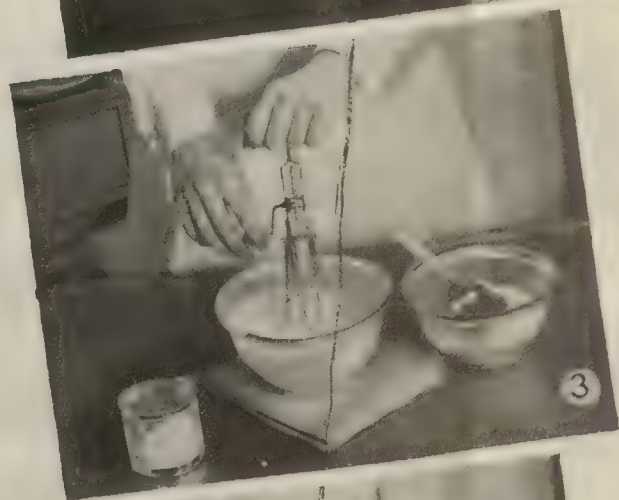
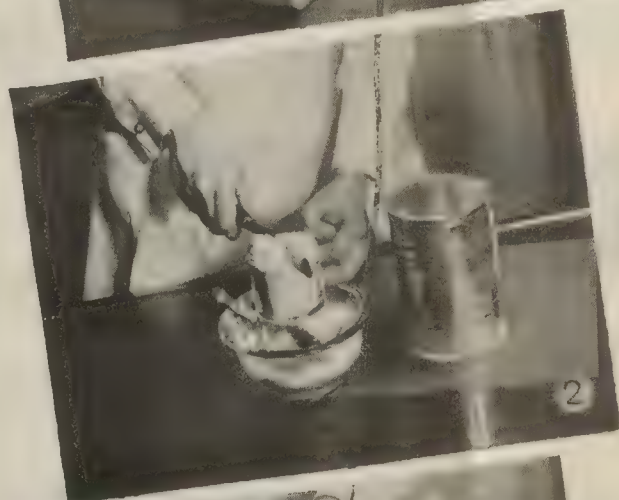
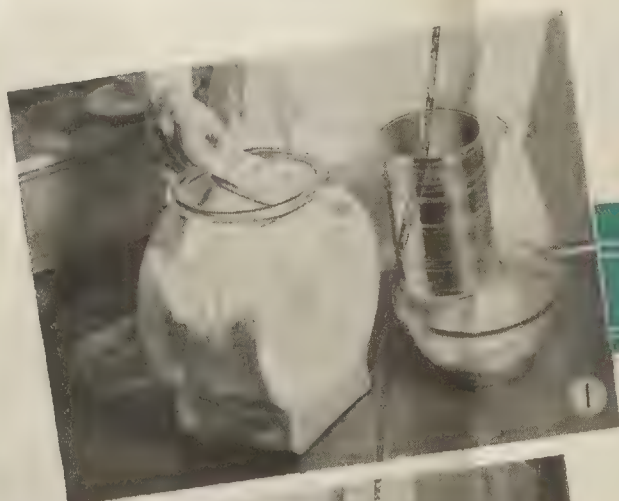
Brush each cookie with unbeaten egg white, and sprinkle each with ¼ tsp. of a mixture of the nutmeats and the remaining 2 tbsp. of the sugar. Bake in a hot oven of 425° F. for 12-15 min. Makes 24 cookies.

CHOCOLATE CREAM FUDGE. My pet recipe calls for 2 cupfuls of granulated sugar, ⅔ cupful of thin cream, 2 squares of cooking chocolate, 2 tablespoonfuls of light corn sirup, 1 tablespoonful of butter and from ½ to 1 teaspoonful of flavoring. Break the chocolate into small pieces and put it with the cream, corn sirup and sugar in the double boiler; stir it now and then until the sugar and chocolate have dissolved, then place directly over a low heat and cook, with no more stirring than necessary to prevent scorching, to the soft-ball stage, or 236° to 238°. (Continued on Page 48)



THE COOKING CLASS

SIMPLIFIES SPONGE CAKES



WILL it surprise members of our Cooking Class when I tell them that there are many women who have fought a variable battle with the commoner types of layer and loaf cakes, who make the most light and feathery sponge cakes imaginable?

Truly, there is a greater actual simplicity to the making of a yellow or a white sponge cake, than to almost any other type. We have confined ourselves in our pictured story, to the making of a standard yellow sponge cake—which of course uses both yolks and whites of eggs. But the principle is exactly the same for a white sponge, or as we usually call it, Angel Food. The recipe for this delicate and beloved cake, and the difference in the details of assembling it, you will find quite fully covered in your Cooking Class Supplement for this month.

OUR pictures certainly tell most of the story. But to make everything especially clear for you, I shall go over the procedure and fill in every possible detail.

The first move as in the making of any kind of dish, is to gather at your hand all the material you will require and all the utensils. At the same time, do whatever is necessary to bring your oven heat (Continued on page 104)

1. As for all cakes, sift flour once through a single mesh, before measuring it. This is necessary because fine, dry ingredients become "packed" in their container and actual amount of flour is increased.
2. Lightly pile once-sifted flour in measuring cup with spoon—then level off at rim with a straight-edged spatula or knife; or measure fraction of cupful carefully, without shaking down.
3. Separate yolks and whites of eggs and beat yolks until thick and lemon-coloured—then gradually beat in half the total amount of sugar—adding a little at a time and beating to dissolve well.
4. Add the lemon juice, in which grated rind has been steeping, to the yolk-and-sugar mixture and beat again. If using flavouring extract instead of fresh lemon, add same amount vinegar at this point, as lemon juice called for; it will not flavour mixture—and action or acid is helpful.
5. Beat egg whites with salt until stiff but not dry, and gradually beat in the second half of the sugar required for cake.
6. Scrape yolk-and-sugar mixture into the stiffly beaten white-salt-and-sugar mixture.
7. Cut and fold the two egg mixtures together to combine thoroughly; use a cut-down, lift-up, carry-over and cut-in series of motions and be careful not to break down the airy mass, because we depend on air to make sponge cake light.
8. Sift flour (which has been once-sifted and then measured) several times from one sheet of waxed paper to another—then sift into the mixture, a little at a time, and fold in to incorporate completely. Use only the number of cutting-and-folding strokes required to blend ingredients completely.
9. Turn mixture into sponge cake pan which has never been greased—or otherwise, grease and flour pan before filling; fill two-thirds full.
10. After baking in slow oven, 300° F., for about 60 minutes, invert pan on wire cooling rack and allow cake to hang suspended until cold. Then loosen with knife and turn out.

TESTED and



APPROVED

Chocolate Walnut Wafers

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

- | | |
|-------------------------------------|---------------------------------|
| 1/2 c. shortening | 1/4 tsp. salt |
| 1/2 c. granulated sugar | 3/4 c. sifted all-purpose flour |
| 2 oz. (2 oz.) unsweetened chocolate | 1 c. chopped walnut meats |
| 1/2 tsp. vanilla extract | 1/2 tsp. vanilla extract |
| 1/2 c. confectioners' sugar | Confectioners' sugar |

Cream the shortening; add the granulated sugar and cream well. Add the chocolate, melted, and mix; add the eggs and beat well. Add remaining ingredients except confectioners' sugar, mixing thoroughly. Spread into two greased baking pans about 9" x 9" x 1 1/2". Bake in a moderate oven of 375° F. for 15-20 min. Sprinkle lightly with confectioners' sugar. Cut into squares 2" x 1". Makes 56 wafers.

In using an electric beater allow the shortening to stand at room temperature until soft; then cream for 1 min., using high speed. Add the granulated sugar gradually, still using high speed. Then scrape the bowl and beat 1 min. longer. Add the melted chocolate and beat until blended. Add the eggs, unbeaten, one at a time; beat 1 min. after each addition at high speed. Turn to lowest speed; add the remaining ingredients except confectioners' sugar; beat until thoroughly mixed. Proceed as directed.

Tea Cookies

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

- | | |
|-----------------------|--------------------------------------|
| 1/2 c. shortening | 1 1/2 tsp. grated lemon rind |
| 1/2 c. powdered sugar | 1 1/2 c. sifted cake or pastry flour |
| 1/2 c. egg, beaten | 2 tbsp. granulated sugar |

Cream the shortening; add the powdered sugar and cream well; add the egg and lemon rind. Add the flour and mix well. Drop by teaspoonfuls on a greased baking sheet. Sprinkle each cookie with a little of the granulated sugar. Bake in a moderate oven of 375° F. for 12-15 min. Makes 30 cookies.

In using an electric beater allow the shortening to stand at room temperature until soft; then cream for 1 min., using high speed. Add the powdered sugar gradually, still using high speed. Then scrape the bowl and beat 1 min. Add the egg, unbeaten, and the lemon rind; beat for 1 min. Turn to lowest speed and add the flour. Scrape the bowl and beat a few seconds longer. Proceed as directed.

Woodland Goodies

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

- | | |
|-------------------------|--------------------------|
| 1/2 c. granulated sugar | 1/2 tsp. cream of tartar |
| 1/2 c. water | 2 c. mixed nutmeats |

Combine the sugar, water, and cream of tartar in a saucepan, stirring constantly until the sugar is dissolved. Cook gently, without stirring, to 310° F. or until a little of the mixture dropped in cold water is firm and brittle. If sugar crystals form on the sides of the pan, wash down with a piece of wet cheesecloth wound around the tines of a kitchen fork. Add the nutmeats and stir until they are completely coated. Pour immediately in a thin layer into a greased shallow pan; cool and break into pieces. Makes about 1 lb.

Hickory Nut Fudge

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

- | | |
|---|-----------------------------|
| 1/2 c. granulated sugar | 2 tsp. white corn syrup |
| 1/2 tsp. salt | 2 tbsp. butter or margarine |
| 1/2 c. bottled milk or 1/2 c. evaporated milk | 1/2 tsp. vanilla extract |
| 1/2 c. water | 1/2 c. chopped hickory nuts |

Banana Fritters

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

- | | |
|---|---------------------------------|
| 1 egg, separated | 1/2 c. sifted all-purpose flour |
| 1 tbsp. melted butter or margarine | 1/2 c. granulated sugar |
| 1/2 tsp. salt | 4 bananas |
| 1/2 c. bottled milk or 1/2 c. evaporated milk | 1/2 c. lemon juice |
| 1/2 c. water | 2 tbsp. powdered sugar |

Beat the egg yolk; add the butter, salt, and 1/4 c. of the milk. Add the flour and sugar, and stir until smooth; then add the remaining 1/4 c. milk and fold in the stiffly beaten egg white. Peel the bananas and cut in halves crosswise. Cut each half in two lengthwise if desired. Sprinkle with the lemon juice and powdered sugar; let stand 20-30 min.; drain. Dip each piece

Combine the sugar, salt, milk, and corn syrup in a saucepan over a low heat, stirring constantly until the sugar is dissolved. Cook gently to 238° F. or until a little of the mixture forms a soft ball in cold water. Add the butter and cool to 145° F. or until the outside of the saucepan feels quite warm to the touch. Then beat with a spoon or with an electric beater at high speed until nearly stiff. Add the nutmeats. Then pour the mixture into a greased pan about 8" x 4", and when cool, cut into squares. Makes about 1 1/4 lbs.

Vanilla Caramels

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

- | | |
|----------------------------|----------------------------|
| 1 c. granulated sugar | 1/2 tsp. salt |
| 1 c. light corn syrup | 1 c. light or coffee cream |
| 1/4 c. butter or margarine | 1 tsp. vanilla extract |

Combine all of the ingredients but the vanilla. Place over a low heat and bring slowly to the boiling point, stirring frequently. Cook slowly to 250° F. or until a little of the mixture forms a firm ball in cold water. Remove from the heat; add the vanilla and turn into a greased pan 6" x 6". Cool and cut into 1" squares. Makes about 1 1/2 lbs.

Maple Bonbons

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

- | | |
|---------------------|------------------|
| 2 c. maple syrup | Seedless raisins |
| 2 tbsp. heavy cream | Nutmeats |

Combine the maple syrup and the cream in a saucepan over a low heat. Cook gently to 236° F. or until a little of the mixture forms a soft ball in cold water. Cool to 145° F. or until the outside of the saucepan feels quite warm to the touch. Then beat with a spoon or an electric beater at high speed until stiff. Form into bonbons about 1" in diameter and top with raisins or nutmeats. Makes about 3/4 lb.

Peanut Kisses

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

- | | |
|--------------------------------|---|
| 1 egg white | 2 tsp. flour |
| 1/2 c. powdered or brown sugar | 1/2 c. finely chopped shelled roasted peanuts |

Beat the egg white stiff, using a hand beater or an electric beater at high speed; beat in the sugar, 2 tbsp. at a time. Fold in the flour and peanuts with a spoon. Drop by teaspoonfuls on a greased baking sheet. Bake in a slow oven of 325° F. for 20-25 min. Makes 24 kisses.

Chocolate Fudge

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

- | | |
|---|---|
| 2 c. granulated sugar | 2 sq. (2 oz.) unsweetened cooking chocolate |
| 1 c. bottled milk or 1/2 c. evaporated milk | 2 tsp. white corn syrup |
| 1/2 c. water | 2 tbsp. butter or margarine |
| 1/2 tsp. salt | 1/2 tsp. vanilla extract |

Combine the sugar, milk, salt, chocolate, and corn syrup in a saucepan over low heat, stirring constantly until the sugar is dissolved. Cook gently, stirring from the bottom occasionally, to 236° F. or until a little of the mixture will form a soft ball in cold water. Add the butter without stirring, then cool to 145° F. or until the outside of the saucepan feels quite warm to the touch. Add the vanilla and beat with a spoon or an electric beater at high speed until nearly stiff. Then pour the mixture into a greased pan about 8" x 4". Cool and cut into squares. Makes about 1 1/4 lbs.

Chocolate Fudge Bonbons: Make Chocolate Fudge as directed above, turn into a greased pan, cool, and cut into squares large enough to form balls about 1" in diameter. Then roll the balls in either 1 c. chopped nutmeats or 1 c. coconut.

Chocolate Marshmallow Fudge: Make Chocolate Fudge as directed above. Pour 1/2 of the chocolate fudge mixture into a greased pan about 8" x 4", cover quickly with 1 c. of halved marshmallows, and pour the rest of the chocolate fudge mixture over them. Proceed as above.

in the fritter batter and fry in deep fat heated to 370° F. for 2 min. or until golden brown, turning frequently. Drain on absorbent paper. Serves 6. Serve with fish or meat or as dessert with vanilla sauce or lemon sauce.

Apricot Fritters: Make 1/2 recipe for batter in Banana Fritters. Drain 1 No. 2 1/2 can apricots. Dip each apricot half into fritter batter and fry in deep fat heated to 370° F. for 2 min. or until golden brown, turning frequently. Drain on absorbent paper. Serve with meat or fish or as a dessert sprinkled with 4 tbsp. granulated sugar mixed with 1 tsp. cinnamon. Makes about 15 apricot fritters.

Savory Shrimp on Toast

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

- | | |
|-----------------------------|--|
| 2 c. uncooked rice | 2 c. light cream, top milk, or evaporated milk |
| 6 c. boiling water | 2 6-oz. jars shrimp |
| 2 tsp. salt | 1 c. tomato catsup |
| 2 tbsp. butter or margarine | Few grains pepper |
| 2 tsp. minced onion | Salt |
| | Toast |

Cook the rice until tender in the boiling water, to which the salt has been added, and then drain. Meanwhile melt the butter in the top of a double boiler; add the onion and cook until soft. Add the cream and heat. Add the cooked rice and the shrimp, from which the black vein running down the back of each has been removed. Heat well, then add the catsup, the pepper, and salt to taste. Heat well and serve on toast or crisp crackers. Serves 8.

Scones

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

- | | |
|----------------------------------|--------------------------|
| 2 c. sifted cake or pastry flour | 2 tbsp. granulated sugar |
| 1/2 tsp. baking powder | 1/2 tsp. shortening |
| 1/2 tsp. salt | 1/2 c. milk |
| | 2 eggs |

Sift the flour, baking powder, salt, and 2 tsp. of the sugar together, and cut the shortening into them, using two knives or a pastry blender until the mixture is the consistency of coarse corn meal. Add the milk and the well-beaten eggs, reserving 1 tbsp. of the egg white. Roll to 1/2" thickness, cut into 3" squares, then cut each square from corner to corner in halves. Arrange in a greased baking pan, brush the top with the slightly beaten egg white, and sprinkle with remaining sugar. Bake in a very hot oven of 450° F. for 10 min. Makes 10 scones.

Raw Cranberry and Pineapple Salad

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

- | | |
|---|------------------------------|
| 1 c. washed cranberries, chopped | Lettuce |
| 2 c. drained, canned, crushed pineapple | 1/2 c. cooked salad dressing |
| | 4 tbsp. cream or top milk |
| | 1 tsp. powdered sugar |

Combine the cranberries and pineapple, and arrange on six individual beds of lettuce. Combine the salad dressing, cream, and sugar, and use as a garnish for the salads. Serves 6. To serve 2 or 3, make half this recipe.

Caramel Nut Chiffon Pie

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

- | | |
|--|-----------------------------|
| 15 tbsp. granulated sugar | 1 tbsp. granulated gelatin |
| 2 c. bottled milk or 1 c. evaporated milk and 1 c. water | 3 eggs, separated |
| | 1/2 tsp. salt |
| | 1 tsp. vanilla |
| | 1 1/2 c. ground Brazil nuts |

Melt 6 tbsp. of the sugar in a skillet until golden brown and syrupy. Meanwhile combine the milk and gelatin in the top of a double boiler and bring to the scalding point, stirring occasionally. Then add the melted sugar gradually, stirring constantly. Pour over the egg yolks slightly beaten, stirring constantly. Return to the double boiler and cook, stirring constantly, until the mixture coats a spoon.

Raised Doughnuts

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

- | | |
|---|-----------------------------------|
| 1 1/4 c. bottled milk or 10 1/2 c. sifted all-purpose flour | 1 1/2 c. sifted all-purpose flour |
| 10 1/2 c. evaporated milk | 3 tbsp. butter or margarine |
| 10 1/2 c. water | 1 egg, well-beaten |
| 1 compressed yeast cake | 1 1/2 tsp. nutmeg |
| 3/4 c. granulated sugar | 1 tsp. salt |

Scald the milk and cool to lukewarm (about 85° F.). Crumble the yeast and add with 1 tbsp. of the sugar to the milk; stir until dissolved. Add 1 1/2 c. of the flour and beat well. Cover with a clean towel and let rise in a warm place (75°-85° F.) about 1 hour. Cream the butter and the remaining sugar; add the egg, nutmeg, and salt, and add to the yeast mixture. Add the remaining flour and place in a well-greased bowl. Cover with a clean towel and let rise in a warm place (75°-85° F.) for about 1 1/2 hrs. When raised, turn out on floured board and roll 1/2" thick. Cut with a doughnut cutter; place on a floured board and let rise in a warm place (75°-85° F.) for about 1 hr. Fry in deep fat heated to 370° F. for about 1 1/2 min. or until golden brown and done, turning once. Drain the doughnuts on absorbent paper.

Coffee Brazil-Nut Refrigerator Cake

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

- 2 tsp. granulated gelatin
3 tbsp. cold water
¼ c. hot strong coffee beverage
½ c. granulated sugar
1 pt. heavy cream, whipped
1 c. chopped Brazil nutmeats
2 doz. small lady fingers

Add the gelatin to the cold water; dissolve in the coffee beverage. Add the sugar and stir until dissolved; cool until beginning to set. Fold into the whipped cream with the nutmeats and blend thoroughly. Line the bottom and sides of a freezing tray of an automatic refrigerator with halves of lady fingers and pour over them the coffee mixture. Place remaining lady-finger halves in a row on top and freeze until set. Serve in slices. Serves 8. To serve 2 or 3, make one-third this recipe.

Broiled Chicken with Barbecue Sauce

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

- ¼ c. butter or margarine, melted
2½ tsp. Worcestershire or similar sauce
1 tbsp. lemon juice
1 tbsp. granulated sugar
¼ tsp. paprika
Dash cayenne
1 split broiling chicken,
1½ lbs. in wt.
¼ c. hot water

Melt the butter in a saucepan, then add remaining ingredients, except chicken and water; heat and stir well. Put the split chicken, meaty side up, on a greased broiler rack in the broiler oven, which has been preheated 10 min. Brush well with the sauce the entire surface of the chicken and broil under a medium broiler heat for 3 min. Then turn, brush with sauce, and broil 3 min. Repeat the turning, brushing, and 3-min. broiling process twice again on each side. Then remove, put in a covered casserole or roasting pan with the rest of the sauce and ¼ c. hot water, and keep hot in a 300° F. oven until ready to serve. Serves 2.

Celery Whole-Wheat Stuffing

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

- 1½ qts. stale (not hard) whole-wheat bread crumbs
1 tsp. salt
1 tsp. sage
1 tsp. chopped parsley
Spk. pepper
6 tbsp. butter or margarine
¼ c. minced onion
1 c. diced celery

Combine the bread crumbs, salt, sage, parsley, and pepper. Meanwhile melt the butter in a large skillet, add the onion, and simmer until tender. Add the celery and cook 1 min. longer. Add the seasoned bread crumbs and cook until golden brown, stirring the crumbs constantly from the bottom. Stuff 1 chicken 3½-4 lbs. in weight after it is dressed.

Marbled Angel Food Cake

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

- 14 tsp. sifted cake or pastry flour
2 tbsp. cocoa
Whites of 10 eggs (1½ c.)
1 tsp. cream of tartar
½ tsp. salt
1¼ c. granulated sugar
1 tsp. vanilla extract

Sift together 6 tbsp. of the flour and the cocoa. Beat the egg whites until almost stiff, and sift over them the cream of tartar and salt mixed together. Continue beating until the egg whites are stiff but not dry. Fold in the sugar lightly and quickly by thirds, using a wire whip or spoon; fold in the flavoring. Place half this mixture lightly into another bowl and fold in the cocoa-and-flour mixture. Into the other half fold the remaining 8 tbsp. of flour. Carefully arrange spoonfuls of plain and chocolate batter alternately in a 10" ungreased tube pan. Bake in a slow oven of 325° F. for 60 min. Remove from oven; invert pan for 1 hr. or until cold on a cake rack. In using an electric beater, beat the egg whites until almost stiff, using high speed. Then sift over them the cream of tartar and salt combined and continue beating until stiff. Add the sugar in thirds with the beater still at high speed; add the flavoring and complete the cake as directed above, using a spoon or wire whip.

Pumpkin Pie

- 1 Cup Canned Pumpkin
1 Cup Milk
2 Eggs, Well Beaten
1 Cup Brown Sugar
1 Teaspoon Allspice
1 Teaspoon Mace
1 Teaspoon Ginger
½ Teaspoon Cinnamon
¼ Teaspoon Salt
1½ Tablespoons Gelatine
1½ Cup Cold Water
1 Cup Heavy Cream
½ Teaspoon Vanilla
½ Cup Chopped California Walnuts
1/10-Inch Baked Pastry Shell

SCALD the milk in the top of a double boiler over boiling water. Pour the scalded milk over the well-beaten eggs and return to the boiler. Cook, stirring constantly, until the mixture begins to thicken. Add the sugar mixed with the spices. Reheat, and add the gelatine, soaked in the cold water. Stir until the gelatine is dissolved, and cool until the mixture begins to thicken slightly. Add the cream, whipped, and the vanilla. Blend the mixture thoroughly. Pour into the pastry shell, and sprinkle the top with the nuts.

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Piquant Beets and Celery

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

- 2 small bchs. beets (1½ lbs.)
1 bch. celery, diced (2¼ c.)
4 tbsp. butter or margarine
2 tbsp. vinegar
¼ tsp. salt
Speck pepper

Cook, peel, and dice the beets. Cook the diced celery until tender, drain. Combine the vegetables, add the butter, vinegar, salt, and pepper, and heat well. Serves 6. To serve 2 or 3, make half this recipe.

Apple Sauce Ice Cream

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

- 1 c. bottled milk or ½ c. evaporated milk and ½ c. water
1 tbsp. flour
Pinch salt
½ c. granulated sugar
1 egg yolk, beaten
1 tsp. granulated gelatin
2 tbsp. cold water
1 c. apple sauce, sweetened to taste
1 tsp. cinnamon
1½ c. heavy cream, whipped

Scald the milk in a double boiler and add the flour, salt, and ¼ c. of the sugar, which have been mixed together. Cook for 15 min. Pour over the egg yolk, which has been mixed with the remaining ¼ c. of the sugar, return to the heat, and cook for 2 min. or until the mixture coats the

Sweet Potato Pineapple Puffs

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

- 2 c. riced cooked sweet potatoes
½ c. sifted all-purpose flour
1 tsp. baking powder
1 tsp. salt
2 eggs, beaten
½ c. bottled milk or ¼ c. evaporated milk and ¼ c. water
1 c. drained canned pineapple tidbits

Mix the potatoes with the flour, baking powder, and salt, mixed together. Add the eggs and milk mixed, and blend well. Add the drained tidbits. Drop by tablespoonfuls in deep fat heated to 370° F. Cook until golden-brown, turning frequently. Makes about 20 puffs.

Fried Cheese Balls

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

- 2 egg whites
1 tsp. and 1 tsp. flour
1 c. grated American cheese
¼ tsp. salt
Spk. pepper
Sifted dried bread crumbs

Beat the egg whites until stiff. Mix the flour, cheese, salt, and pepper, and fold into the egg whites. Shape into balls, using 1 tsp. for each ball. Roll in the crumbs and fry until golden brown in deep fat heated to 390° F. Makes 18 balls. Serve as a salad accompaniment.

Meat Croquettes

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

- 8 tbsp. butter or margarine
8 tbsp. flour
½ tsp. salt
Speck pepper
2 c. bottled milk or 1 c. evaporated milk and 1 c. water
2 tsp. minced parsley
4 c. minced cooked meat or poultry
1 tsp. lemon juice
1 tsp. minced onion
Finely sifted dried bread crumbs
1 egg
1 tbsp. water

Melt the butter in a double boiler. Remove from heat; add the flour, salt, and pepper, and stir until well blended. Add the milk, place over boiling water, and cook, stirring constantly until thick and done—about 10 min. Combine the parsley, meat, lemon juice, and onion with this white sauce, and mix well. Add pepper and salt if needed. Chill well, then shape with the palms of the hands into cylinders about 3" long and 1" thick. Coat these croquettes on all sides with the sifted bread crumbs. Next roll in the egg and water beaten together, and again in the crumbs. If possible, chill before frying. Fry a few croquettes at a time arranged in a frying basket, in deep fat heated to 390° F. for about 2 min. or until golden brown. Drain on absorbent paper. Makes 12 croquettes.

Stage or Damage Must be Made upon Receipt

Jellied Grape Salad

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

- 2 c. Tokay grapes
¼ c. French dressing
1 c. warm or boiling water
1 pkg. lemon-flavored gelatin dessert
½ c. strained orange juice
¼ c. strained lemon juice
1 tsp. minced onion
¼ tsp. salt
Lettuce
1 3-oz. pkg. cream cheese
6 Tokay grapes

Wash the 2 c. of grapes. Make a slit in each and seed. Let stand in the French dressing for ½ hour; drain. Meanwhile add the warm or boiling water to the gelatin dessert, depending upon the manufacturer's directions. Add the fruit juices, onion, and salt, and cool until beginning to set. Add the drained grapes and pour into 6 individual molds or 1 large mold. Chill until set. Unmold on six individual beds of lettuce. Garnish with grape cheese balls made by forming the cream cheese into 6 balls and placing each ball between two halves of seeded grapes. Serve with French dressing or with mayonnaise mixed with an equal amount of whipped cream. This will serve 6. (Continued on page 99)

Currant Cakes

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

- Plain pastry
1½ c. currants
2 tsp. granulated sugar
2 tbsp. butter or margarine
Top milk

Make plain pastry, using 2 c. sifted cake or pastry flour as a basis. Roll one-half of the pastry ⅛" thick and use to line a shallow baking dish about 10½" x 6½" x 1½". Arrange the currants over the pastry; sprinkle with the sugar and dot with the butter. Moisten the edges of the crust with water and arrange the remaining pastry, rolled ⅛" thick, as a top crust, pressing the edges together with a fork. Make 3 slits ½" long in the center of the upper crust; brush with a little top milk. Bake in a hot oven of 400° F. for 40 min. Cut into 1½" squares. Makes 24 cakes.

Scotch Oatmeal Cookies

(TESTED BY GOOD HOUSEKEEPING INSTITUTE)

- 6 tbsp. shortening
½ c. granulated sugar
1½ c. rolled oats
¼ c. sifted cake or pastry flour
¼ tsp. salt
½ tsp. cream of tartar
½ tsp. baking soda
¼ c. water

Cream the shortening; add the sugar, and cream well. Add the rolled oats and the flour, salt, cream of tartar, and soda, sifted together, and the water; mix well. Roll to ⅛" thickness and cut into rounds with a 2" cutter. Place on a greased baking sheet and bake in a hot oven of 400° F. for 10-12 min. Serve plain or put together (Continued on page 188)

Stuffed Prune Pie

IT TOOK only one trip to the Coast to convince me how few of us appreciate the remarkable versatility of the prune. Truly, it is capable of starring in countless delicious dishes. Of all combinations, nothing is superior to the dried fruit, stewed or canned, stuffed with plump California walnut kernels. Anyone who doubts this will change his point of view once he partakes of a stuffed prune pie.

- ½ cup sugar
2 tablespoons cornstarch
1 No. 2½ can prunes or 3½ cups stewed prunes
Walnut kernels
Baked pastry shell
2 egg whites
4 tablespoons confectioner's sugar

Mix the sugar and cornstarch. Add the sirup from the prunes. Cook until smooth and thickened. (I like to cook ½ teaspoon grated orange peel with the sirup but this is optional.) Remove stones from the fruit and stuff with a whole walnut kernel. Place the stuffed prunes in the pastry shell and pour over them the thickened sirup. Top with a meringue made by beating the egg whites and adding the sugar. Brown 15 minutes in a moderate oven, 350 degrees F. Ten-inch pie.

Paid.

D. M. Spaulding.

Coconut Squares

½ Cup Shortening 1 Cup Flour
½ Cup Brown Sugar

Mix and pat into a pan 8x13. Bake for 10 minutes 375 degrees F.

Cup Brown Sugar 3 Tablespoons Flour
Eggs ½ Teaspoon Salt
Teaspoon Vanilla 1½ Cups Coconut (Do Not
Cup Walnuts (These May Be Omitted) Use Fresh Coconut)

MIX the ingredients and pour over first mixture after it has baked for 10 minutes. Replace in the oven and bake for 20 minutes. These are chewy and delicious.

The hostess who featured these coconut squares at her tea also served some very delicious sandwiches. One of them, an open-faced cream-cheese sandwich, is a specialty of hers. She uses a round cutter and a rescent-shaped cutter to get two or three crustless sandwiches out of one slice of bread. The rounds of bread are spread lightly with soft butter, and then with spread made either by mixing cream cheese with minted pineapple, or by mixing it with orange marmalade, with black walnuts, or with maraschino cherries and strawberry jam. These spreads are all as easy to make as their names indicate.

Silver, courtesy of International Silver Co.

To mint pineapple, cook together the contents of a No. 2 can of crushed pineapple and 1 cup of sugar. Allow it to boil gently

for 5 or 6 minutes until thick. Add green coloring matter to make a nice shade of green. Add 1 teaspoon of mint sauce. This keeps nicely in the refrigerator—if you don't allow your family to discover how good it is over ice cream for a mint-pineapple sundae.

Of the closed sandwiches that are good for the tea table, none are better than the mushroom sandwiches. They always make a hit whenever they are served. To make them—well, here's the recipe.

Mushroom Sandwiches

CHOP mushrooms (the canned make a lighter filling). About 1 cup. Sauté in 2 tablespoons of butter for a minute or two. Thicken with 1 teaspoon of flour. Add ½ teaspoon of grated onion and season with salt and pepper. Cool and use as a filling between thin slices of buttered white bread.

Crackers also have their place on the tea table, especially if spread with cheese and toasted, or with a marmalade and toasted, or, better still, if spread with a little crab meat that has been moistened with salad dressing and garnished with paprika. Tiny, tiny sweet rolls and hot biscuits are also perfect tea accompaniments. Oh, yes, and nothing is better than nut bread, fruit bread, and brown bread. Cut slices of these breads and spread with softened butter.

I have told you about only one tea cooky, if coconut squares can be called that, and cookies and tea cakes are really the things I like best—after I've had sandwiches! Well, any good cooky or cake that you know how to make is good to serve for tea provided you make small enough.

Before giving some recipes for cookies, let me remind you that olives, bonbons, candied fruit or fruit peel, and salted nuts all add much to the attractiveness of a tea table, and furnish just the note needed to complete the flavor contrasts.

Chocolate Cinnamon Meringues

2 Egg Whites 1½ Ounces Grated Chocolate
1 Cup Powdered Sugar 1 Cup Dry Bread Crumbs
½ Teaspoon Cinnamon 1 Teaspoon Vanilla

BEAT the whites and add sugar gradually and continue beating. Mix grated chocolate, cinnamon, and crumbs, and add gradually to the egg-and-sugar mixture. Add vanilla and beat well. Drop from teaspoon on a greased pan and bake in a moderate oven for 20 minutes.

Date Sticks

1 Cup Sifted Flour 2 Eggs, Well Beaten
1 Teaspoon Baking Powder 1 Teaspoon Melted Shortening
½ Teaspoon Salt 1½ Cups Dates, Finely Cut
1 Cup Sugar ½ Cup Nut Meats, Broken
1 Teaspoon Hot Water

SIFT the flour once, measure, add the baking powder and salt, and sift again. Add sugar to the eggs gradually. Add shortening. Beat in dates and nuts. Add the flour alternately with hot water, beating after each addition. Pour into two greased pans, 8 inches square, spreading the dough thin. Bake in a slow oven (325 degrees F.) for 30 to 35 minutes. When cool, cut into strips and roll strips in powdered sugar.

Corn Stuffing

6 Cups Soft Bread Crumbs 6 Tablespoons Chopped Green Peppers
2 Cups Canned Corn 3 Tablespoons Chopped Onions
3 Teaspoons Salt 6 Tablespoons Melted Butter
½ Teaspoon Pepper 3 Eggs, Well Beaten

MIX together the crumbs, corn, salt, pepper, green peppers, and onions. Add the melted butter and well-beaten eggs. Mix well and use as stuffing for the turkey.

Candied Sweet Potatoes and Apples

4 Medium-sized Sweet Potatoes, Cooked ¼ Cup Chopped California Walnuts
2 Large Tart Apples 5 Tablespoons Butter
¼ Cup Brown Sugar ½ Cup Buttered Bread Crumbs

ARRANGE alternate layers of the sliced apples (cores removed) and sliced sweet potatoes in a greased baking dish. Sprinkle each layer with the sugar and walnuts, and dot with the butter. Cover and bake in a moderate oven (375 degrees F.) for about



45 minutes, or until the apples are soft. Remove the cover, sprinkle with the bread crumbs, and bake until the crumbs are brown.

Cranberry and Orange Relish

4 Cups Cranberries 2 Cups Sugar 2 Oranges

PICK over and wash the cranberries, and grind in a meat chopper, using the medium blade. Grate the rinds of the oranges, and add to the cranberries. Remove the white peeling from the oranges and cut the pulp from the skins. Chop the pulp and add with the sugar to the cranberries. Allow to stand, tightly covered, for at least 24 hours before using.

Fruit Salad

3 Large Oranges, Sectioned ½ Cup California Walnuts,
Free from Membrane Finely Chopped
1 Cup Diced Pineapple ¼ Cup Mayonnaise
White Grapes

BLEND the oranges, pineapple, and nuts with the mayonnaise. Chill and serve on crisp lettuce. Garnish with the white grapes.

Thanksgiving Salad

1 Cup Red Apples, Unpeeled, ½ Cup Celery, Diced
Cored, and Diced ½ Cup Dates, Chopped
2 Tablespoons Lemon Juice Dash Salt
¼ Cup Mayonnaise

COMBINE the apples with the lemon juice. Blend the apples, celery, dates, and salt with the mayonnaise. Serve on crisp lettuce. Serves 6.

Ginger-Fruit Cocktail

2 Cups Sliced Canned Peaches 3 Tablespoons Powdered Sugar
2 Cups Diced Bananas 8 Teaspoons Preserved Ginger, Chopped
½ Cup Grated Pineapple
1 Cup Orange Juice

COMBINE the peaches, bananas, and pineapple, and add the orange juice mixed with the sugar. Place in the refrigerator until thoroughly chilled. Arrange in sherbert glasses and sprinkle with the chopped ginger. Serves 6.

Sweet-Potato Pone

2 Cups Grated Raw Sweet Potatoes 2 Eggs, Well Beaten
1 Cup Sugar 1 Teaspoon Nutmeg
1 Cup Milk 2 Tablespoons Butter
¼ Cup Chopped Nuts

PEEL the raw potatoes and grate or run through the food chopper, using the fine blade. The chopper is preferable. Measure the grated potatoes and blend thoroughly with the sugar, milk, chopped nuts, eggs, and nutmeg. Pour into a well-greased glass pie plate 10 inches in diameter. Dot the top with the melted butter. Bake in a moderate oven (350 degrees F.) until set. Serve in the plate in which it is baked. This is an old-fashioned way of cooking sweet potatoes, but it is delicious. Serves 6.

Tipsy Charlotte

1 large stale sponge cake
1 tablespoon gelatin
1 cup cold water
1 cup granulated sugar
1 teaspoon vanilla or almond extract
2 cups whipping cream
1 cup sherry or port
2 cups milk
3 eggs
Pinch of salt
1 cup almonds, shelled
Angelica
Candied cherries

The sponge cake should be at least 2 days old. Make a Bavarian cream filling for the cake as follows: sprinkle the gelatin onto the cold water, then place over boiling water and stir until dissolved. Add $\frac{1}{2}$ cup of the sugar, and stir until dissolved. Remove from the heat and cool. Add the flavoring. When slightly thickened beat until fluffy and fold in the whipped cream. Cut a 1-inch slice from the top of the cake and scoop out the center portion, leaving sides and bottom $\frac{1}{4}$ -inch thick. Moisten the inside of the cake evenly with half of the wine. Pour the gelatin filling into the center cavity. Replace the top and pour remaining wine over it. Place in the refrigerator for at least 2 or 3 hours.

Make a custard sauce as follows: scald the milk in the double boiler, then pour a small amount gradually into the eggs beaten with remaining sugar and salt. Combine with rest of milk in double boiler and cook, stirring constantly until mixture coats the spoon. Chill. Blanche the almonds, and while they are still warm, shred lengthwise. Toast slightly to restore crispness. When cake is ready to serve pour chilled custard sauce over it. Stud with almond shreds and decorate with angelica and candied cherries. This makes 10 to 12 servings.

Black-Bottom Pie

2 cups milk
5 tablespoons cake flour
 $\frac{1}{2}$ cup granulated sugar
 $\frac{1}{2}$ teaspoon salt
4 egg yolks
2 teaspoons vanilla
1 large unbaked pie shell
 $\frac{1}{2}$ cup milk or dipping chocolate, grated
 $\frac{1}{2}$ cup whipping cream
1 tablespoon powdered sugar

Scald the milk in a double boiler. Mix the flour, sugar, and salt and slowly add some of the hot milk. Return to rest of milk in double boiler and cook for 20 minutes, stirring frequently. Beat egg yolks until thick and lemon-colored. Slowly pour the mixture over them. Cool and add vanilla. Bake the pie shell in a very hot oven (450 degrees F.) for 12 minutes or until slightly browned. While pie shell is still hot, cover with a thick layer of grated chocolate and allow to melt. Chill until chocolate is firm. Pour in the cream filling. Spread over top a layer of cream, whipped until stiff and sweetened with powdered sugar. This makes 8 servings.

Nesselrode Pudding

3 cups milk
 $1\frac{1}{2}$ cups granulated sugar
5 egg yolks
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup almond paste
1 cup marrons glacés
 $\frac{1}{4}$ cup vanilla syrup from marrons
2 cups whipping cream
 $\frac{1}{2}$ cup assorted candied fruits

Make a custard as follows: scald the milk in a double boiler. Pour a small amount into a mixture of sugar, slightly beaten egg yolks, and salt. Return to rest of milk in the double boiler and cook until mixture coats the spoon. Strain and cool. Blend into the custard the almond paste and $\frac{1}{2}$ cup of the marrons glacés, which have been forced through a sieve and mixed with the vanilla syrup. Whip the cream until it thickens and begins to hold its shape, then fold into the mixture. Freeze, then line a 2-quart melon mold with half the frozen mixture. To remaining half, add the rest of the marrons glacés, broken into pieces, also the assorted fruits, cut in bits. Fill the mold with this mixture cover and pack in ice and salt (using 4 parts ice to 1 part salt) for about 2 hours, or pack and freeze in the trays of the mechanical refrigerator. This is often served in individual paper cases with a bit of candied fruit on top of each. This makes 12 servings.

$\frac{3}{4}$ cup shortening
 $\frac{2}{3}$ cup granulated sugar
4 eggs
 $\frac{1}{2}$ cup almonds, chopped
 $2\frac{1}{2}$ cups cake flour
 $\frac{1}{2}$ teaspoon salt
1 teaspoon baking powder
1 cup currants
1 cup seeded raisins, cut in pieces
2 tablespoons orange juice
 $\frac{1}{2}$ cup orange and lemon peel, cut fine

For decoration:

$\frac{1}{2}$ cup almonds, split in half
 $\frac{1}{4}$ cup citron, cut in thin strips
 $\frac{1}{2}$ cup candied cherries, sliced

Cream shortening, then blend in the sugar. Add eggs, one at a time, beating well after each addition. Stir in the chopped almonds. Mix and sift the dry ingredients. Add the fruit. Combine with the creamed mixture alternately with the orange juice in which the finely cut peel has been soaked. Divide into 2 or 3 small loaf pans lined with heavy wax paper and greased. Decorate tops with almonds, citron and candied cherries. Bake in a moderately slow oven (325 degrees F.) 1 to $1\frac{1}{4}$ hours. Cover the pans with paper as soon as cake begins to brown.

Burnt Sugar Dessert

$2\frac{1}{2}$ tablespoons cornstarch
2 tablespoons cold water
2 cups boiling water
1 cup granulated sugar
 $\frac{1}{2}$ cup chopped walnuts
Dash of salt
Whipping cream

Blend cornstarch and cold water. Gradually add the boiling water, then cook, stirring frequently until thickened, about 20 minutes. Place the sugar in a heavy frying pan and heat slowly, stirring constantly, until an amber colored syrup is formed. Do not allow to become brown. Pour first mixture slowly over the syrup and stir until thoroughly dissolved. Remove from heat and add the nuts and salt. Chill and serve with whipped cream. This makes 6 servings.

English Muffins

$\frac{1}{4}$ cup cooked potatoes, riced
1 cup boiling water
1 yeast cake
1 teaspoon salt
2 cups all-purpose flour

In measuring the potato, pack down well. Cool water to lukewarm. Blend a small amount of it with the yeast, then combine with rest of water and potato. Add salt and flour and beat well, about 2 minutes. Let rise at room temperature until doubled in bulk, about $1\frac{1}{2}$ hours. Toss dough onto a floured board, dust lightly with flour to facilitate handling. Shape small amounts of the dough into 3-inch rounds about $\frac{1}{2}$ -inch thick. Place in a muffin ring and allow to rise again until doubled in bulk, about $1\frac{1}{2}$ hours. Carefully slip a spatula under muffin and ring and place on hot slightly greased griddle. Care must be taken as the dough is very soft and falls easily. Cook 15 minutes, turn and cook 15 minutes on other side. This makes 9 muffins.

New York Butter Cakes

$2\frac{3}{4}$ cups all-purpose flour
 $\frac{3}{4}$ teaspoon salt
1 teaspoon soda
1 egg yolk
 $1\frac{1}{2}$ cups buttermilk
1 tablespoon melted butter

Mix and sift together the dry ingredients. Add the well beaten egg yolk and $\frac{3}{4}$ cup of the buttermilk. Blend thoroughly, then stir in the rest of buttermilk and melted butter. Toss onto slightly floured board. Knead lightly and pat into a sheet $\frac{3}{4}$ -inch

thick. Let stand in the refrigerator for at least 4 hours. Cut into biscuits and cook slowly on a hot greased griddle about 15 minutes on each side. Serve hot. Split open and butter. The cut biscuits may be kept covered in the refrigerator for 2 or 3 days before being cooked. This makes 2 dozen cakes.

German Coffee Cake

$\frac{3}{4}$ cup milk
 $\frac{1}{2}$ cake compressed yeast
 $\frac{1}{2}$ cup granulated sugar
3 cups all-purpose flour, sifted
 $\frac{1}{2}$ cup shortening
 $\frac{3}{4}$ teaspoon salt
2 egg yolks
 $\frac{1}{4}$ teaspoon nutmeg
Streusel mixture
3 tablespoons butter
6 tablespoons flour
3 tablespoons granulated sugar
1 tablespoon cinnamon

Scald the milk, then pour $\frac{1}{4}$ cup of it into a large bowl. When lukewarm, stir in yeast, 1 teaspoon sugar, $\frac{1}{2}$ cup of the sifted flour. When well mixed,

put in a warm place (not hot) and allow to rise. To the remainder of the scalded milk add the shortening, remainder of the sugar, salt and, when lukewarm, the beaten egg yolks. Allow to stand until the sponge has doubled in bulk, about $1\frac{1}{2}$ to 2 hours. Then cut down the sponge and add with the remaining flour. Knead until smooth and elastic. Cover and let rise until

doubled in bulk. Cut down and roll into a square $\frac{1}{2}$ -inch thick. Place in a greased square pan. Dust with nutmeg. Cover and let rise until light. Sprinkle top with streusel mixture made by creaming the butter and blending in a mixture of flour, sugar and cinnamon. Bake in a moderate oven (350 degrees F.) for 30 minutes. This makes 12 medium sized pieces.

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Roast Turkey with Stuffing

PREPARATION: The bird you select should be plump with a full, broad breast. For a family of 6 or 8 a 10-pound bird is the ideal size. Remove the feet, tips of the wings, and all but 4 inches of the neck. Singe and pull out all pinfeathers with a strawberry huller or tweezers. Wash carefully and dry with a towel. Clean the gizzard and remove the gall bladder from the liver. Place the bird in a cool place until ready for cooking. When ready to cook rub the inside of the turkey with 1 tablespoon of salt, and stuff.

STUFFING AND TRUSSING: Begin by placing 1 cupful of stuffing in the neck end, using enough to fill the skin. Fold the wings close to the body and hold them by inserting 2 skewers through the wing, body, and wing on the opposite side. Fasten the thighs in the same way with 1 skewer. Cross the drumsticks and tie with a cord fastened to the tail. Draw the skin over the neck and fasten to the back with a skewer. Rub the outside of the turkey with $1\frac{1}{2}$ tablespoons of salt, 5 tablespoons of fat, and 2 tablespoons of flour mixed together.

COOKING: Lay the turkey, breast down, in an open roasting pan and place in a moderate oven (375 degrees F.). When brown turn the fowl on its back. Baste every 15 or 20 minutes with $\frac{3}{4}$ cup of hot water and $\frac{1}{4}$ cup melted butter. If the turkey is browning too fast cover with greased paper to prevent burning. Cook for 20 to 25 minutes to the pound, depending on the age of the bird. If you have an electric oven place the turkey in a cold oven and turn the switch to the baking temperature. Cook for 20 to 30 minutes to the pound, and do not baste.

Giblet Gravy

4 tablespoons Fat from Roasting Pan	Chopped Cooked Giblets
4 tablespoons Flour	1 Hard-cooked Egg, Chopped
2 cups Water in Which Giblets Boiled	2 Teaspoons Worcestershire Sauce
	Salt and Pepper to Taste

BROWN the flour in the fat, and add the water slowly, stirring constantly. Cook until the mixture begins to thicken, and add the salt and pepper, Worcestershire sauce, chopped egg, and giblets. Cook a few minutes longer and serve.

Oyster Stuffing

4 Cups Oysters, Drained and Cut in Small Pieces	$\frac{1}{2}$ Teaspoon Black Pepper
4 Cups Soft Bread Crumbs	$\frac{1}{2}$ Cup Hot Oyster Liquor
1 Teaspoon Salt	1 Cup Mayonnaise
	$\frac{1}{4}$ Cup Lemon Juice

COMBINE the oysters, bread crumbs, salt, and pepper. Fold the oyster liquor into the mayonnaise, and add the lemon juice. Add this mixture to the other ingredients. Toss lightly together with a fork until thoroughly mixed. Use bread that is 1 day old.

APPLE-BLOSSOM COCKTAILS are very refreshing little appetizers served at the beginning of a luncheon. Merely blend equal parts of pineapple, orange and canned raspberry juice, sweetened lightly, in a shaker with crushed ice and shake vigorously till well chilled. Pour into small glasses and float an apple blossom or a rose petal on the surface of each.

RELIED STUFFED EGGS. Hard cook the eggs, 1 for each guest; chill and cut in halves crosswise; remove the yolks and wash well, adding, for 6 eggs, 3 tablespoonfuls of grated cheese, 1 tablespoonful of vinegar or lemon juice, dry mustard, salt and pepper to taste and melted butter to make a smooth paste. Fill the whites with this mixture and arrange the eggs in a mold or in individual molds. For the jelly soak 1 tablespoonful of granulated gelatin in $\frac{1}{4}$ cupful of cold water five minutes; add 1 cupful of boiling water, $\frac{1}{4}$ cupful each of sugar and vinegar and 2 tablespoonfuls of lemon juice, so salt and paprika to taste. Cool almost to the congealing point, then add 1 cupful of celery cut into small pieces, green pepper, shredded, and 2 tablespoonfuls of stuffed olives sliced crosswise. Pour the jelly over the eggs and to chill and harden. Turn out and serve with mayonnaise.

FRUIT SALAD WITH HONEY DRESSING.

Prepare the fruits, which may be a combination of fresh and canned—strawberries, oranges, bananas, canned pears, canned white cherries and pineapple make an attractive blend—by slicing or cutting into cubes. Drain and chill well. Serve on lettuce leaves with a dressing made by mixing together $\frac{1}{2}$ cupful of strained honey, $\frac{1}{4}$ cupful of lemon juice and $\frac{1}{2}$ teaspoonful of gelatin softened with $\frac{1}{4}$ cupful of cold water, then dissolved over boiling water. Beat well to incorporate the honey thoroughly, and fold in $1\frac{1}{2}$ cupfuls of whipped cream.

CHICKEN BREASTS IN CREAM SAUCE.

Parboil a large chicken till tender in water to cover, adding 1 carrot, 1 onion, 1 teaspoonful of salt, $\frac{1}{4}$ teaspoonful of pepper; cool in the liquid, then remove the breast and cut into sections for serving, trimming neatly. One large chicken should serve four persons. Make the sauce by cooking together to a paste 3 tablespoonfuls each of butter and flour, then adding $\frac{3}{4}$ cupful of the strained liquid in which the chicken was boiled and $\frac{3}{4}$ cupful of rich top milk, also $\frac{3}{4}$ cupful of sliced canned mushrooms. Cook till smooth, add the chicken, season nicely, simmer for a few moments, then serve, with the rice timbales.

BRIDE'S CAKE. Make a white cake, using $\frac{3}{4}$ cupful of shortening, $1\frac{1}{2}$ cupfuls of sugar, $\frac{1}{8}$ cupful of milk, $2\frac{1}{2}$ cupfuls of flour, presifted, then sifted again with $2\frac{1}{2}$ teaspoonfuls of baking powder, $\frac{3}{4}$ teaspoonful of vanilla, $\frac{1}{4}$ teaspoonful of almond extract. Last of all fold in the stiffly beaten whites of 6 eggs. Bake in small pans and ice with seven-minute frosting. Decorate with silver dragées before the icing is quite dry.

RHUBARB HIGHBALLS. Cut into small pieces enough pink tender rhubarb to make 2 cupfuls; place in a double boiler with 1 cupful of water and 2 cupfuls of sugar; cook till very tender, then strain, chill and add orange juice as desired. Serve over crushed ice, filling the glasses with charged water or ginger ale.

PEANUT-BUTTER-AND-BACON CANAPÉS. Spread small, round, flaky crackers with peanut butter, and dot each with a square of crisply cooked bacon.

NEWBURG SMOKED BEEF. Pull $\frac{1}{2}$ pound of smoked beef apart in fairly small pieces, removing all stringy bits and skin. Melt 2 tablespoonfuls of butter in a heavy skillet and add a quarter of a small onion, shredded, also half a green pepper cut into strips. Turn in the beef and cook, stirring frequently till beginning to brown; sprinkle with 2 tablespoonfuls of flour and toss till this is well incorporated, then pour in 2 cupfuls of milk and simmer till the sauce is thick. Just before removing from the fire add 2 tablespoonfuls of sherry, which may be of the nonalcoholic type. Serve on hot waffles.

LEEK APPETIZERS: Soak large leeks in cold water to remove sand, split and cook in boiling water. Chill and top with a highly seasoned paste of sardines.

BAKED BEANS WITH SAUERKRAUT.

One-half cup minced cup bacon fat or other shortening, 2 cups sauerkraut, 2 chopped apples, 1 cup baked beans (Boston style). Sauté in bacon fat or other shortening sauerkraut and apple; cook 1 hour. Place in the bottom of a pan and cover with 1 or 2 cans of beans. Cook until brown, in oven at 450° F.

MINCEMEAT AND CRUST.

One cup mincemeat, 2 cups berries, $\frac{1}{2}$ cup sugar. Line pan with flaky crust. Fill with mincemeat and sugar. Bake for 30 minutes. Reduce the heat to 450° F. and bake for 30 minutes longer.

HAWAIIAN SHAKE: Three-cup pineapple juice, one egg, $\frac{1}{4}$ cup sugar to taste. Beat the egg yolk till the pineapple juice, milk and sugar are well. Add the egg white beaten to a froth. Pour in a glass.

SAUSAGE RICE MUFFINS: Six large pork sausages, $\frac{1}{2}$ cup cooked rice, 2 cups flour, 5 teaspoons baking powder, 1 egg, $\frac{3}{4}$ cup diluted evaporated milk, 2 tablespoons melted shortening, 1 teaspoon salt. Sift together the dry ingredients. Beat the egg lightly, add rice, milk and shortening. Fold in the flour. Pour in lightly greased muffin tins; stand $\frac{1}{2}$ sausage upright in each one. Bake for 20-25 minutes at 425° F.

APRICOT-PINEAPPLE CONSERVE.

One-quarter pound dried apricots, 2 cups cold water, a 20-ounce can crushed pineapple, 3 pounds sugar, 1 bottle liquid pectin, $\frac{1}{4}$ cup shredded almonds, 2 teaspoons almond extract. Soak apricots in the water overnight. In the morning bring to a boil and simmer for 30 minutes. Drain. Chop fruit, add pineapple juice and apricot syrup. There should be 4 cups, or add water to make correct amount. Add the sugar, bring to a rolling boil, boil hard 1 minute. Remove from fire, add other ingredients, skim, pour and seal.

ROLLED ASPARAGUS SANDWICH.

Cut the crusts from a fresh loaf of bread. Spread a thin layer of creamed butter on one end of the loaf and then cut from it as thin a slice as possible. Place a canned asparagus tip on this slice and roll with the spread side inward. Lay it on a napkin, with the edge of the slice downward. When all the sandwiches have been prepared, draw napkin firmly around rolls and put them in a cold place for several hours.

PINEAPPLE RICE CREAM: One and one-half cups pineapple juice, $1\frac{1}{2}$ tablespoons granulated gelatin, $\frac{1}{4}$ cup cold water, 1 tablespoon lemon juice, $1\frac{1}{2}$ cups rice, $\frac{1}{2}$ cup sugar and $\frac{1}{2}$ cup whipping cream. Soak the gelatin in the cold water, heat the pineapple juice and add to gelatin; add lemon juice and sugar and stir until dissolved. Cool. When partially firm, fold in the rice and whipped cream. Pour in a mold rinsed in cold water. Chill till firm.

FARINA NUT CAKE: Five eggs, 1 cup sugar, $\frac{1}{4}$ cup farina, 1 cup minced walnuts or pecans, $\frac{1}{4}$ teaspoon salt, and 1 teaspoon vanilla. Separate the yolks and whites and beat the yolks vigorously till thick and lemon-colored. Gradually add the sugar, beating continuously. When smooth, fold in the farina, the nuts, salt and vanilla. Beat the whites until stiff, but not dry; fold into the first mixture. Pour in a spring mold and bake 45 minutes at 350° F. Split in half and fill with sweetened whipped cream, or if it is baked in a funnel-shaped mold, fill the center of the cake with sweetened whipped cream or with a rich soft custard.

MOLASSES JAPS: Two and one-half cups light brown sugar, 1 cup molasses, $\frac{1}{4}$ teaspoon cream of tartar, 1 package shredded coconut and $\frac{3}{4}$ teaspoon salt. Put molasses and sugar in a deep pot ($2\frac{1}{2}$ quart size) and bring to medium-ball stage (240°-244° F.) on a slow fire. Stir frequently. Remove from fire, add 1 cup coconut and the salt. Pour in a well-buttered pan. When cool, cut in pieces, shape in sticks and roll in shredded dry coconut.

QUICK CHOCOLATE FROSTING.

Melt two squares chocolate over hot water; blend with 3 teaspoons of soluble coffee, 2 tablespoons cream, 3 tablespoons of hot water, 2 cups confectioners sugar. Spread on sunshine cake. Decorate with walnuts.

PLAIN ROLLS (Basic Recipe)

2 cakes compressed yeast	$\frac{1}{2}$ teaspoon salt
1 cup milk, scalded and cooled to lukewarm	1 egg
$\frac{1}{4}$ cup sugar	4 cups flour
	$\frac{1}{3}$ cup melted shortening

Crumble yeast into a bowl, add milk slowly and stir to dissolve yeast. Stir in sugar, salt, beaten egg and half the flour. Mix well, then stir in rest of flour. Add melted shortening and mix thoroughly. Turn out on floured board and knead two or three minutes until you have a smooth dough. Put in a bowl, cover and let rise over hot, not boiling, water until double in bulk. Turn out on board and knead until smooth. Form into the desired shapes, brush with milk or melted butter and let rise again until double [Turn to page 67]

Topsy Charlotte

1 large stale sponge cake
1 tablespoon gelatin
1 cup cold water
1 cup granulated sugar
1 teaspoon vanilla or almond extract
2 cups whipping cream
1 cup sherry or port
2 cups milk
3 eggs
Pinch of salt
1 cup almonds, shelled
Angelica
Candied cherries

The sponge cake should be at least 2 days old. Make a Bavarian cream filling for the cake as follows: sprinkle the gelatin onto the cold water, then place over boiling water and stir until dissolved. Add $\frac{1}{2}$ cup of the sugar, and stir until dissolved. Remove from the heat and cool. Add the flavoring. When slightly thickened beat until fluffy and fold in the whipped cream. Cut a 1-inch slice from the top of the cake and scoop out the center portion, leaving sides and bottom $\frac{3}{4}$ -inch thick. Moisten the inside of the cake evenly with half of the wine. Pour the gelatin filling into the center cavity. Replace the top and pour remaining wine over it. Place in the refrigerator for at least 2 or 3 hours.

Make a custard sauce as follows: scald the milk in the double boiler, then pour a small amount gradually into the eggs beaten with remaining sugar and salt. Combine with rest of milk in double boiler and cook, stirring constantly until mixture coats the spoon. Chill. Blanche the almonds, and while they are still warm, shred lengthwise. Pour chille- Stud with a with angeli This makes

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spoon. Strain and cool. Blend into the custard the almond paste and $\frac{1}{2}$ cup of the marrons glacés, which have been forced through a sieve and mixed with the vanilla syrup. Whip the cream until it thickens and begins to hold its shape, then fold into the mixture. Freeze, then line a 2-quart melon mold with half the frozen mixture. To remaining half, add the rest of the marrons glacés, broken into pieces, also the assorted fruits, cut in bits. Fill the mold with this mixture cover and pack in ice and salt (using 4 parts ice to 1 part salt) for about 2 hours, or pack and freeze in the trays of the mechanical refrigerator. This is often served in individual paper cases with a bit of candied fruit on top of each. This makes 12 servings.

Dundee Cake

$\frac{3}{4}$ cup shortening
 $\frac{2}{3}$ cup granulated sugar
4 eggs
 $\frac{1}{2}$ cup almonds, chopped
 $2\frac{1}{2}$ cups cake flour
 $\frac{1}{2}$ teaspoon salt
1 teaspoon baking powder
1 cup currants
1 cup seeded raisins, cut in pieces
2 tablespoons orange juice
 $\frac{1}{2}$ cup orange and lemon peel, cut fine

For decoration:

$\frac{1}{2}$ cup almonds, split in half
 $\frac{1}{2}$ cup citron, cut in thin strips
 $\frac{1}{2}$ cup candied cherries, sliced

Cream shortening, then blend in the sugar. Add eggs, one at a time, beating well after each addition. Stir in the chopped almonds. Mix and sift the dry ingredients. Add the fruit. Combine with the cream mixture alter-

nately with the orange juice in which the finely cut peel has been soaked. Divide into 2 or 3 small loaf pans lined with heavy wax paper and greased. Decorate tops with almonds, citron and candied cherries. Bake in a moderately slow oven (325 degrees F.) 1 to $1\frac{1}{4}$ hours. Cover the pans with paper as soon as cake begins to brown.

Burnt Sugar Dessert

$2\frac{1}{2}$ tablespoons cornstarch
2 tablespoons cold water
2 cups boiling water
1 cup granulated sugar
 $\frac{1}{2}$ cup chopped walnuts
Dash of salt
Whipping cream

Blend cornstarch and cold water. Gradually add the boiling water, then cook, stirring frequently until thick-

German Coffee Cake

$\frac{3}{4}$ cup milk
 $\frac{1}{2}$ cake compressed yeast
 $\frac{1}{2}$ cup granulated sugar
3 cups all-purpose flour, sifted
 $\frac{1}{2}$ cup shortening
 $\frac{1}{2}$ teaspoon salt
2 egg yolks
 $\frac{1}{4}$ teaspoon nutmeg
Streusel mixture
3 tablespoons butter
6 tablespoons flour
3 tablespoons granulated sugar
1 tablespoon cinnamon

Scald the milk, then pour $\frac{1}{4}$ cup of it into a large bowl. When lukewarm, stir in yeast, 1 teaspoon sugar, $\frac{1}{2}$ cup of the sifted flour. When well mixed,

put in a warm place (not hot) and allow to rise. To the remainder of the scalded milk add the shortening, remainder of the sugar, salt and, when lukewarm, the beaten egg yolks. Allow to stand until the sponge has doubled in bulk, about $1\frac{1}{2}$ to 2 hours. Then cut down the sponge and add with the remaining flour. Knead until smooth and elastic. Cover and let rise until

doubled in bulk. Cut down and roll into a square $\frac{1}{2}$ -inch thick. Place in a greased square pan. Dust with nutmeg. Cover and let rise until light. Sprinkle top with streusel mixture made by creaming the butter and blending in a mixture of flour, sugar and cinnamon. Bake in a moderate oven (350 degrees F.) for 30 minutes. This makes 12 medium sized pieces.

TOCK MERCHANDISE.

125 BU.
POTATOES.

Price.....

ford, and left at the



RECIPES

CREAMIER ICE CREAM WITH LESS CREAM

Easy to Make the Automatic Way

Junket Ice Cream is the easiest ice cream to make because it requires no cooking. The Junket thickens the milk or cream, making the frozen mixture smoother and creamier. Junket Powder provides six delicious flavors, and a still greater variety is made possible by the addition of flavoring extracts and fruits to ice cream prepared with Junket Tablets.

In any of the recipes given, the milk and heavy cream may be replaced by one pint of light cream, without whipping. However, the recipes with whipped cream and milk make a lighter and fluffier ice cream with a greater volume at the same expense.

If a richer ice cream is desired, light cream may be used in place of milk in any of the recipes.

Special Instructions

The cream should be whipped only until it will just hold its shape, but never until it is very thick. If it is over-whipped, it will make the ice cream granular, and give it a buttery texture.

Have the freezing compartment as cold as possible to get the best results.

Nearly all the recipes call for one beating during the freezing to make a smoother product. When the ice cream is partly frozen (it will be thick around the edges), scrape from the sides and bottom of the pan and then beat the contents up in the refrigerator tray quickly with a fork or large spoon, and place in the refrigerator to finish freezing.

No definite time for freezing is given in the recipes, as the temperatures of the different iceless refrigerators vary. Do not overfreeze. When the ice cream freezes to the desired consistency, set the temperature control back a trifle, to prevent the ice cream from becoming harder.

It is important to remember that a defrosted set of coils will give quicker freezing than coils that have not been defrosted recently.

2

RECIPES

PEACH JUNKET ICE CREAM

1 cup milk ($\frac{1}{2}$ pint)
1 cup heavy cream
($\frac{1}{2}$ pint)
1 tablespoon lemon juice
1 package Lemon Junket Powder

1 cup crushed peaches—
sweetened
Small pinch salt (if
desired)

Warm milk to lukewarm (110° F.)—NOT HOT. Remove from stove. Add small pinch salt (if desired) and package Lemon Junket Powder. Stir one minute. Pour into refrigerator tray. Let stand undisturbed in room until firm and cool—about ten minutes. Then stir in crushed sweetened peaches and lemon juice and mix well. Stir in cream, previously whipped. Place in freezing compartment at as cold a temperature as possible. When partly frozen (it will be thick around the edges), scrape from the sides and bottom of the pan and then beat the contents up in the refrigerator tray quickly with a fork or large spoon, and place back in refrigerator to finish freezing.

GRAPE JUICE JUNKET SHERBET

1 cup milk ($\frac{1}{2}$ pint)
1 cup heavy cream
($\frac{1}{2}$ pint)
 $\frac{1}{2}$ cup grape juice
1 package Lemon Junket Powder

2 tablespoons sugar
(heaping)
Small pinch salt (if
desired)

Warm milk to lukewarm (110° F.)—NOT HOT. Remove from stove. Add small pinch salt (if desired) and package Junket Powder. Stir one minute. Pour into refrigerator tray. Let stand undisturbed in room until firm and cool—about ten minutes. Whip cream, and stir into junket. Add grape juice in which the sugar has been dissolved. Pour back into freezing pan, and then place in freezing compartment at as cold a temperature as possible. When partly frozen (it will be thick around the edges), scrape from the sides and bottom of the pan and then beat the contents up in the refrigerator tray quickly with a fork or large spoon, and place back in refrigerator to finish freezing.

COFFEE SAUCE

$\frac{3}{4}$ cup strong hot coffee
2 tablespoons corn or
cane syrup

1 cup granulated sugar

Cook all ingredients for ten minutes. Chill. Serve very cold with or without the addition of whipped cream.

5

CONSIGNMENT NO. 10.

200 BU. OATS.

Price.....

CONSIGNMENT NO. 10.

68 175 LBS. DRIED
PRUNES.

Price.....

Roast Turkey with Stuffing

PREPARATION: The bird you select should be plump with a full, broad breast. For a family of 6 or 8 a 10-pound bird is the ideal size. Remove the feet, tips of the wings, and all but 4 inches of the neck. Singe and pull out all pinfeathers with a strawberry huller or tweezers. Wash carefully and dry with a towel. Clean the gizzard and remove the bladder from the liver. Place the bird in a cool place until ready for cooking. When ready to cook rub the inside of the turkey with 1 tablespoon of salt, and stuff.

STUFFING AND TRUSSING: Begin by placing 1/2 cupfuls of stuffing in the neck end, using enough to fill the skin. Fold the wings close to the body and hold them by inserting 2 skewers through the wing, body, and wing on the opposite side. Fasten the thighs in the same way with 1 skewer. Cross the drumsticks and tie with a cord fastened to the tail. Draw the skin over the neck and fasten to the back with a skewer. Rub the outside of the turkey with 1 1/2 tablespoons of salt, 5 tablespoons of fat, and 2 tablespoons of flour mixed together.

COOKING: Lay the turkey, breast down, in an open roasting pan and place in a moderate oven (375 degrees F.). When brown turn the fowl on its back. Baste every 15 or 20 minutes with 3/4 cup of hot water and 1/4 cup melted butter. If the turkey is browning too fast cover with greased paper to prevent burning. Cook for 20 to 25 minutes to the pound, depending on the age of the bird. If you have an electric oven place the turkey in a cold oven and turn the switch to the baking temperature. Cook for 20 to 30 minutes to the pound, and do not baste.

Giblet Gravy

4 Tablespoons Fat from Roasting Pan	1 Chopped Cooked Giblets
4 Tablespoons Flour	1 Hard-cooked Egg, Chopped
1 Cup Water in Which Giblets Boiled	2 Teaspoons Worcestershire Sauce
	Salt and Pepper to Taste

BROWN the flour in the fat, and add the water slowly, stirring constantly. Cook until the mixture begins to thicken, and add the salt and pepper, Worcestershire sauce, chopped egg, and giblets. Cook for a few minutes longer and serve.

Oyster Stuffing

4 Cups Oysters, Drained and Cut in Small Pieces	1/2 Teaspoon Black Pepper
4 Cups Soft Bread Crumbs	1 Cup Hot Oyster Liquor
1 Teaspoon Salt	1 Cup Mayonnaise
	1 Cup Lemon Juice

COMBINE the oysters, bread crumbs, salt, and pepper. Fold the oyster liquor into the mayonnaise, and add the lemon juice. Add this mixture to the other ingredients. Toss lightly together with a fork until thoroughly mixed. Use bread that is 1 day old.

APPLE-BLOSSOM COCKTAILS are very refreshing little appetizers served at the beginning of a luncheon. Merely blend equal parts of pineapple, orange and strained raspberry juice, sweetened lightly, place in a shaker with crushed ice and shake vigorously till well chilled. Pour into small glasses and float an apple blossom or a rose petal on the surface of each.

RELIED STUFFED EGGS. Hard cook the eggs, 1 for each guest; chill and cut in halves crosswise; remove the yolks and wash well, adding, for 6 eggs, 3 tablespoonfuls of grated cheese, 1 tablespoonful of vinegar or lemon juice, dry mustard, salt and pepper to taste and melted butter to make a smooth paste. Fill the whites with this mixture and arrange the eggs in a mold or in individual molds. For the jelly soak 1 tablespoonful of granulated gelatin in 1/4 cupful of cold water for 5 minutes; add 1 cupful of boiling water, 1/4 cupful each of sugar and vinegar and 2 tablespoonfuls of lemon juice, also salt and paprika to taste. Cool almost to the congealing point, then add 1/2 cupful of celery cut into small pieces, 1/2 cup green pepper, shredded, and 2 tablespoonfuls of stuffed olives sliced crosswise. Pour the jelly over the eggs and to chill and harden. Turn out and serve with mayonnaise.

FRUIT SALAD WITH HONEY DRESSING.

Prepare the fruits, which may be a combination of fresh and canned—strawberries, oranges, bananas, canned pears, canned white cherries and pineapple make an attractive blend—by slicing or cutting into cubes. Drain and chill well. Serve on lettuce leaves with a dressing made by mixing together 1/2 cupful of strained honey, 1/4 cupful of lemon juice and 1/2 teaspoonful of gelatin softened with 1/4 cupful of cold water, then dissolved over boiling water. Beat well to incorporate the honey thoroughly, and fold in 1 1/2 cupfuls of whipped cream.

CHICKEN BREASTS IN CREAM SAUCE.

Parboil a large chicken till tender in water to cover, adding 1 carrot, 1 onion, 1 teaspoonful of salt, 1/4 teaspoonful of pepper; cool in the liquid, then remove the breast and cut into sections for serving, trimming neatly. One large chicken should serve four persons. Make the sauce by cooking together to a paste 3 tablespoonfuls each of butter and flour, then adding 3/4 cupful of the strained liquid in which the chicken was boiled and 3/4 cupful of rich top milk, also 3/4 cupful of sliced canned mushrooms. Cook till smooth, add the chicken, season nicely, simmer for a few moments, then serve, with the rice timbales.

BRIDE'S CAKE. Make a white cake, using 3/4 cupful of shortening, 1 1/2 cupfuls of sugar, 1/2 cupful of milk, 2 1/2 cupfuls of flour, presifted, then sifted again with 2 1/2 teaspoonfuls of baking powder, 3/4 teaspoonful of vanilla, 1/4 teaspoonful of almond extract. Last of all fold in the stiffly beaten whites of 6 eggs. Bake in small pans and ice with seven-minute frosting. Decorate with silver dragées before the icing is quite dry.

RHUBARB HIGHBALLS. Cut into small pieces enough pink tender rhubarb to make 2 cupfuls; place in a double boiler with 1 cupful of water and 2 cupfuls of sugar; cook till very tender, then strain, chill and add orange juice as desired. Serve over crushed ice, filling the glasses with charged water or ginger ale.

PEANUT-BUTTER-AND-BACON CANAPÉS. Spread small, round, flaky crackers with peanut butter, and dot each with a square of crisply cooked bacon.

NEWBURG SMOKED BEEF. Pull 1/2 pound of smoked beef apart in fairly small pieces, removing all stringy bits and skin. Melt 2 tablespoonfuls of butter in a heavy skillet and add a quarter of a small onion, shredded, also half a green pepper cut into strips. Turn in the beef and cook, stirring frequently till beginning to brown; sprinkle with 2 tablespoonfuls of flour and toss till this is well incorporated, then pour in 2 cupfuls of milk and simmer till the sauce is thick. Just before removing from the fire add 2 tablespoonfuls of sherry, which may be of the nonalcoholic type. Serve on hot waffles.

LEEK APPETIZERS: Soak large leeks in cold water to remove sand, split and cook in boiling water. Chill and top with a highly seasoned paste of sardines.

BAKED BEANS WITH SAUERKRAUT.

One-half cup minced cup bacon fat or other shortening sauerkraut, 2 chopped apples, 1 baked beans (Boston style). Sauté in bacon fat or other shorter sauerkraut and apple; cook 1 hour. Place in the bottom of a and cover with 1 or 2 cans of beans. Cook until brown, in oven at 450° F.

MINCEMEAT AND CRUST.

One cup mincemeat, 1/2 cup sugar. Line with flaky crust. Fill with a fruit, mincemeat and sugar. Bake second crust and bake at 450° minutes. Reduce the heat to 400° and bake for 30 minutes longer.

HAWAIIAN SHAKE: Three-pineapple juice, one egg, 1/4 cup to taste. Beat the egg yolk till the pineapple juice, milk and sugar well. Add the egg white beaten to a froth. Pour in a glass.

SAUSAGE RICE MUFFINS: Six large pork sausages, 1/2 cup cooked rice, 2 cups flour, 5 teaspoons baking powder, 1 egg, 3/4 cup diluted evaporated milk, 2 tablespoons melted shortening, 1 teaspoon salt. Sift together the dry ingredients. Beat the egg lightly, add rice, milk and shortening. Fold in the flour. Pour in lightly greased muffin tins; stand 1/2 sausage upright in each one. Bake for 20-25 minutes at 425° F.

APRICOT-PINEAPPLE CONSERVE.

One-quarter pound dried apricots, 2 cups cold water, a 20-ounce can crushed pineapple, 3 pounds sugar, 1 bottle liquid pectin, 1/4 cup shredded almonds, 2 teaspoons almond extract. Soak apricots in the water overnight. In the morning bring to a boil and simmer for 30 minutes. Drain. Chop fruit, add pineapple juice and apricot syrup. There should be 4 cups, or add water to make correct amount. Add the sugar, bring to a rolling boil, boil hard 1 minute. Remove from fire, add other ingredients, skim, pour and seal.

ROLLED ASPARAGUS SANDWICH.

Cut the crusts from a fresh loaf of bread. Spread a thin layer of creamed butter on one end of the loaf and then cut from it as thin a slice as possible. Place a canned asparagus tip on this slice and roll with the spread side inward. Lay it on a napkin, with the edge of the slice downward. When all the sandwiches have been prepared, draw napkin firmly around rolls and put them in a cold place for several hours.

PINEAPPLE RICE CREAM: One and one-half cups pineapple juice, 1 1/2 tablespoons granulated gelatin, 1/4 cup cold water, 1 tablespoon lemon juice, 1 1/2 cups rice, 1/2 cup sugar and 1/4 cup whipping cream. Soak the gelatin in the cold water, heat the pineapple juice and add to gelatin; add lemon juice and sugar and stir until dissolved. Cool. When partially firm, fold in the rice and whipped cream. Pour in a mold rinsed in cold water. Chill till firm.

FARINA NUT CAKE: Five eggs, 1 cup sugar, 3/4 cup farina, 1 cup minced walnuts or pecans, 1/4 teaspoon salt, and 1 teaspoon vanilla. Separate the yolks and whites and beat the yolks vigorously till thick and lemon-colored. Gradually add the sugar, beating continuously. When smooth, fold in the farina, the nuts, salt and vanilla. Beat the whites until stiff, but not dry; fold into the first mixture. Pour in a spring mold and bake 45 minutes at 350° F. Split in half and fill with sweetened whipped cream, or if it is baked in a funnel-shaped mold, fill the center of the cake with sweetened whipped cream or with a rich soft custard.

MOLASSES JAPS: Two and one-half cups light brown sugar, 1 cup molasses, 1/4 teaspoon cream of tartar, 1 package shredded coconut and 3/4 teaspoon salt. Put molasses and sugar in a deep pot (2 1/2 quart size) and bring to medium-ball stage (240°-244° F.) on a slow fire. Stir frequently. Remove from fire, add 1 cup coconut and the salt. Pour in a well-buttered pan. When cool, cut in pieces, shape in sticks and roll in shredded dry coconut.

QUICK CHOCOLATE FROSTING.

Melt two squares chocolate over hot water; blend with 3 teaspoons of soluble coffee, 2 tablespoons cream, 3 tablespoons of hot water, 2 cups confectioners sugar. Spread on sunshine cake. Decorate with walnuts.

PLAIN ROLLS (Basic Recipe)

1 cup cakes compressed yeast	1/2 teaspoon salt
1 cup milk, scalded and cooled to lukewarm	1 egg
1/4 cup sugar	4 cups flour
	1/3 cup melted shortening

Crumble yeast into a bowl, add milk slowly and stir to dissolve yeast. Stir in sugar, salt, beaten egg and half the flour. Mix well, then stir in rest of flour. Add melted shortening and mix thoroughly. Turn out on floured board and knead two or three minutes until you have a smooth dough. Put in a bowl, cover and let rise over hot, not boiling, water until double in bulk. Turn out on board and knead until smooth. Form into the desired shapes, brush with milk or melted butter and let rise again until double [Turn to page 67]

Tipsy Charlotte

1 large stale sponge cake
1 tablespoon gelatin
1 cup cold water
1 cup granulated sugar
1 teaspoon vanilla or almond extract
2 cups whipping cream
1 cup sherry or port
2 cups milk
3 eggs
Pinch of salt
1 cup almonds, shelled
Angelica
Candied cherries

The sponge cake should be at least 2 days old. Make a Bavarian cream filling for the cake as follows: sprinkle the gelatin onto the cold water, then place over boiling water and stir until dissolved. Add $\frac{1}{2}$ cup of the sugar, and stir until dissolved. Remove from the heat and cool. Add the flavoring. When slightly thickened beat until fluffy and fold in the whipped cream. Cut a 1-inch slice from the top of the cake and scoop out the center portion, leaving sides and bottom $\frac{3}{4}$ -inch thick. Moisten the inside of the cake evenly with half of the wine. Pour the gelatin filling into the center cavity. Replace the top and pour remaining wine over it. Place in the refrigerator for at least 2 or 3 hours.

Make a custard sauce as follows: scald the milk in the double boiler, then pour a small amount gradually into the eggs beaten with remaining sugar and salt. Combine with rest of milk in double boiler and cook, stirring constantly until mixture coats the spoon. Chill. Blanche the almonds, and while they are still warm, shred lengthwise. Pour chille. Stud with a with angeli. This makes

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spoon. Strain and cool. Blend into the custard the almond paste and $\frac{1}{2}$ cup of the marrons glacés, which have been forced through a sieve and mixed with the vanilla syrup. Whip the cream until it thickens and begins to hold its shape, then fold into the mixture. Freeze, then line a 2-quart melon mold with half the frozen mixture. To remaining half, add the rest of the marrons glacés, broken into pieces, also the assorted fruits, cut in bits. Fill the mold with this mixture cover and pack in ice and salt (using 4 parts ice to 1 part salt) for about 2 hours, or pack and freeze in the trays of the mechanical refrigerator. This is often served in individual paper cases with a bit of candied fruit on top of each. This makes 12 servings.

Dundee Cake

$\frac{3}{4}$ cup shortening
 $\frac{2}{3}$ cup granulated sugar
4 eggs
 $\frac{1}{2}$ cup almonds, chopped
 $2\frac{1}{2}$ cups cake flour
 $\frac{1}{2}$ teaspoon salt
1 teaspoon baking powder
1 cup currants
1 cup seeded raisins, cut in pieces
2 tablespoons orange juice
 $\frac{1}{2}$ cup orange and lemon peel, cut fine

For decoration:

$\frac{1}{2}$ cup almonds, split in half
 $\frac{1}{2}$ cup citron, cut in thin strips
 $\frac{1}{2}$ cup candied cherries, sliced

Cream shortening, then blend in the sugar. Add eggs, one at a time, beating well after each addition. Stir in the chopped almonds. Mix and sift the dry ingredients. Add the fruit. Combine with the creamed mixture alternately with the orange juice in which the finely cut peel has been soaked. Divide into 2 or 3 small loaf pans lined with heavy wax paper and greased. Decorate tops with almonds, citron and candied cherries. Bake in a moderately slow oven (325 degrees F.) 1 to $1\frac{1}{4}$ hours. Cover the pans with paper as soon as cake begins to brown.

Burnt Sugar Dessert

$2\frac{1}{2}$ tablespoons cornstarch
2 tablespoons cold water
2 cups boiling water
1 cup granulated sugar
 $\frac{1}{2}$ cup chopped walnuts
Dash of salt
Whipping cream

Blend cornstarch and cold water. Gradually add the boiling water, then cook, stirring frequently until thick-

German Coffee Cake

$\frac{1}{4}$ cup milk
 $\frac{1}{2}$ cake compressed yeast
 $\frac{1}{2}$ cup granulated sugar
3 cups all-purpose flour, sifted
 $\frac{1}{2}$ cup shortening
 $\frac{1}{2}$ teaspoon salt
2 egg yolks
 $\frac{1}{4}$ teaspoon nutmeg
Streusel mixture
3 tablespoons butter
6 tablespoons flour
3 tablespoons granulated sugar
1 tablespoon cinnamon

Scald the milk, then pour $\frac{1}{4}$ cup of it into a large bowl. When lukewarm, stir in yeast, 1 teaspoon sugar, $\frac{1}{2}$ cup of the sifted flour. When well mixed,

put in a warm place (not hot) and allow to rise. To the remainder of the scalded milk add the shortening, remainder of the sugar, salt and, when lukewarm, the beaten egg yolks. Allow to stand until the sponge has doubled in bulk, about $1\frac{1}{2}$ to 2 hours. Then cut down the sponge and add with the remaining flour. Knead until smooth and elastic. Cover and let rise until

doubled in bulk. Cut down and roll into a square $\frac{1}{2}$ -inch thick. Place in a greased square pan. Dust with nutmeg. Cover and let rise until light. Sprinkle top with streusel mixture made by creaming the butter and blending in a mixture of flour, sugar and cinnamon. Bake in a moderate oven (350 degrees F.) for 30 minutes. This makes 12 medium sized pieces.

TOCK MERCHANDISE.

125 BU.
POTATOES.

Price.....

ford, and left at the



RECIPES

CREAMIER ICE CREAM WITH LESS CREAM

Easy to Make the Automatic Way

Junket Ice Cream is the easiest ice cream to make because it requires no cooking. The Junket thickens the milk or cream, making the frozen mixture smoother and creamier. Junket Powder provides six delicious flavors, and a still greater variety is made possible by the addition of flavoring extracts and fruits to ice cream prepared with Junket Tablets.

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If a richer ice cream is desired, light cream may be used in place of milk in any of the recipes.

Special Instructions

The cream should be whipped only until it will just hold its shape, but never until it is very thick. If it is over-whipped, it will make the ice cream granular, and give it a buttery texture.

Have the freezing compartment as cold as possible to get the best results.

Nearly all the recipes call for one beating during the freezing to make a smoother product. When the ice cream is partly frozen (it will be thick around the edges), scrape from the sides and bottom of the pan and then beat the contents up in the refrigerator tray quickly with a fork or large spoon, and place in the refrigerator to finish freezing.

No definite time for freezing is given in the recipes, as the temperatures of the different iceless refrigerators vary. Do not overfreeze. When the ice cream freezes to the desired consistency, set the temperature control back a trifle, to prevent the ice cream from becoming harder.

It is important to remember that a defrosted set of coils will give quicker freezing than coils that have not been defrosted recently.

2

RECIPES

Junket Ice Cream

Made with Junket Powder

ANY FLAVOR

1 cup milk ($\frac{1}{2}$ pint)
1 cup heavy cream
($\frac{1}{2}$ pint)
1 package Junket
Powder any of the
six flavors

Small pinch salt
(if desired)
2 teaspoons lemon juice
(if desired, for Rasp-
berry, Orange, or
Lemon Junket Ice
Cream)

Warm milk to lukewarm (about 110° F.)—NOT HOT. Remove from stove. Add Junket Powder and small pinch salt (if desired). Stir one minute. Pour immediately into refrigerator tray. Let stand undisturbed in room until firm and cool—about ten minutes. When using Raspberry, Orange, or Lemon Junket Powder, two teaspoons lemon juice may be stirred in at this time, if desired. Whip cream and stir into junket. Place in freezing compartment in the refrigerator at as cold a temperature as possible. When partly frozen (it will be thick around the edges), scrape from the sides and bottom of the pan and then beat the contents up in the refrigerator tray quickly with a fork or large spoon, and place back in refrigerator to finish freezing.

GOLDEN GLOW JUNKET ICE CREAM

1 cup milk ($\frac{1}{2}$ pint)
1 cup heavy cream
($\frac{1}{2}$ pint)
1 package Orange
Junket Powder

1-10 cent can apricots
(8 ozs.)
1 tablespoon lemon juice
1 tablespoon sugar

Mash apricots through a sieve. Then add lemon juice. Pour this mixture into refrigerator tray and freeze. Add sugar to whipped cream, and spread over frozen fruit. Then freeze as quickly as possible. Warm milk to lukewarm (110° F.)—NOT HOT. Remove from stove, add Orange Junket Powder and stir one minute. Pour immediately over top of frozen cream. Let stand undisturbed at room temperature until firm—about ten minutes. Then finish freezing undisturbed. Serve in slices.

FUDGE SAUCE

Melt 1 square (1 oz.) of chocolate over hot water. Add 1 cup of sugar and mix well. Then add $\frac{1}{2}$ cup of sweet light cream slowly. Cook together over a slow flame for 10 minutes.

8

CONSIGNMENT NO. 10.

200 BU. OATS.

Price.....

CONSIGNMENT NO. 10.

68 175 LBS. DRIED PRUNES.

Price.....

Roast Turkey with Stuffing

PREPARATION: The bird you select should be plump with a full, broad breast. For a family of 6 or 8 a 10-pound bird is the ideal size. Remove the feet, tips of the wings, and all but 4 inches of the neck. Singe and pull out all pinfeathers with a strawberry huller or tweezers. Wash carefully and dry with a towel. Clean the gizzard and remove the bladder from the liver. Place the bird in a cool place until ready for cooking. When ready to cook rub the inside of the turkey with 1 tablespoon of salt, and stuff.

STUFFING AND TRUSSING: Begin by placing 1/2 cupfuls of stuffing in the neck end, using enough to fill the skin. Fold the wings close to the body and hold them by inserting 2 skewers through the wing, body, and wing on the opposite side. Fasten the thighs in the same way with 1 skewer. Cross the drumsticks and tie with a cord fastened to the tail. Draw the skin over the neck and fasten to the back with a skewer. Rub the outside of the turkey with 1 1/2 tablespoons of salt, 5 tablespoons of fat, and 2 tablespoons flour mixed together.

COOKING: Lay the turkey, breast down, in an open roasting pan and place in a moderate oven (375 degrees F.). When brown turn the fowl on its back. Baste every 15 or 20 minutes with 3/4 cup of hot water and 1/4 cup melted butter. If the turkey is browning too fast cover with greased paper to prevent burning. Cook for 20 to 25 minutes to the pound, depending on the age of the bird. If you have an electric oven place the turkey in a cold oven and turn the switch to the baking temperature. Cook for 20 to 30 minutes to the pound, and do not baste.

Giblet Gravy

RECIPES

MOCHA JUNKET ICE CREAM

- | | |
|-------------------------------------|-------------------------------------|
| 1 cup milk (1/2 pint) | 1/2 package Chocolate Junket Powder |
| 1 can evaporated milk (14 1/2 ozs.) | Small pinch Salt (if desired) |
| 1/2 package Coffee Junket Powder | |

Measure and mix Coffee and Chocolate Junket Powder in a cup. Add small pinch salt (if desired). Warm milk to lukewarm (110° F.).—NOT HOT. Remove from stove. Add Junket Powder. Stir one minute. Let stand undisturbed in room until firm and cool—about ten minutes. Whip evaporated milk carefully until stiff, following the directions given on can. Beat into junket and pour into refrigerator tray, and place in freezing compartment at as cold a temperature as possible. When partly frozen (it will be thick around the edges), scrape from the sides and bottom of the pan and then beat the contents up in the refrigerator tray quickly with a fork or large spoon, and place back in refrigerator to finish freezing.

BANANA JUNKET ICE CREAM

- | | |
|------------------------------|---------------------------------|
| 1 cup milk (1/2 pint) | 1 package Vanilla Junket Powder |
| 1 cup heavy cream (1/2 pint) | 1 cup mashed bananas |
| 1 tablespoon lemon juice | Small pinch salt |

Warm milk to lukewarm (110° F.).—NOT HOT. Remove from stove. Add small pinch salt and package Vanilla Junket Powder. Stir one minute. Pour into refrigerator tray. Let stand undisturbed in room until firm and cool—about ten minutes. Then stir in mashed bananas to which lemon juice has been added. Mix well, and stir in cream, previously whipped. Place in freezing compartment at as cold a temperature as possible. When partly frozen (it will be thick around the edges), scrape from the sides and bottom of the pan and then beat the contents up in the refrigerator tray quickly with a fork or large spoon, and place back in refrigerator to finish freezing.

MARSHMALLOW SAUCE

- | | |
|----------------------------|-----------------------------|
| 2 tablespoons orange juice | 1/4 cup marshmallow topping |
|----------------------------|-----------------------------|

Mix orange juice with marshmallow topping until well blended. If too thin, add more marshmallow. Serve cold.

FRUIT SALAD WITH HONEY DRESSING.

Prepare the fruits, which may be a combination of fresh and canned—strawberries, oranges, bananas, canned pears, canned white cherries and pineapple make an attractive blend—by slicing or cutting into cubes. Drain and chill well. Serve on lettuce leaves with a dressing made by mixing together 1/2 cupful of strained honey, 1/4 cupful of lemon juice and 1/2 teaspoonful of gelatin softened with 1/4 cupful of cold water, then dissolved over boiling water. Beat well to incorporate the honey thoroughly, and fold in 1 1/2 cupfuls of whipped cream.

CHICKEN BREASTS IN CREAM SAUCE.

Parboil a large chicken till tender in water to cover, adding 1 carrot, 1 onion, 1 teaspoonful of salt, 1/4 teaspoonful of pepper; cool in the liquid, then remove the breast and cut into sections for serving, trimming neatly. One large chicken should serve four persons. Make the sauce by cooking together to a paste 3 tablespoonfuls each of butter and flour, then adding 3/4 cupful of the strained liquid in which the chicken was boiled and 3/4 cupful of rich top milk, also 3/4 cupful of sliced canned mushrooms. Cook till smooth, add the chicken, season nicely, simmer for a few moments, then serve, with the rice timbales.

BRIDE'S CAKE.

Make a white cake, using 3/4 cupful of shortening, 1 1/2 cupfuls of sugar, 1/2 cupful of milk, 2 1/2 cupfuls of presifted, then sifted again with 2 1/2 cupfuls of baking powder, 3/4 teaspoonful of vanilla, 1/4 teaspoonful of d extract. Last of all fold in the beaten whites of 6 eggs. Bake in pans and ice with seven-minute icing. Decorate with silver dragées if the icing is quite dry.

ARB HIGHBALLS.

Cut into small enough pink tender rhubarb to 2 cupfuls; place in a double boiler 1 cupful of water and 2 cupfuls of ; cook till very tender, then strain, and add orange juice as desired. Over crushed ice, filling the glasses charged water or ginger ale.

UT-BUTTER-AND-BACON CANA-

Spread small, round, flaky crackers with peanut butter, and dot each with a slice of crisply cooked bacon.

IURG SMOKED BEEF.

Pull 1/2 pound smoked beef apart in fairly small pieces, ring all stringy bits and skin. Melt 2 spoonfuls of butter in a heavy t and add a quarter of a small onion, diced, also half a green pepper cut into . Turn in the beef and cook, stirring constantly till beginning to brown; sprinkle with 2 tablespoonfuls of flour and toss in is well incorporated, then pour in 1/2 cupfuls of milk and simmer till the is thick. Just before removing the fire add 2 tablespoonfuls of , which may be of the nonalcoholic . Serve on hot waffles.

APPETIZERS: Soak large leeks in water to remove sand, split and cooking water. Chill and top with a seasoned paste of sardines.

ED BEANS WITH SA

UT: One-half cup minced onion fat or other shortening, 2 chopped apples, 1/2 cup baked beans (Boston style), 1/2 in bacon fat or other shortening, sauerkraut and apple; cook 1 hour. Place in the bottom of a and cover with 1 or 2 cans of b. Cook until brown, in oven at 4

MINCEMEAT AND CR
PIE: One cup mincemeat, 2 berries, 1/2 cup sugar. Line with flaky crust. Fill with a fruit, mincemeat and sugar. (second crust and bake at 45 minutes. Reduce the heat to bake for 30 minutes longer.

HAWAIIAN SHAKE: Three-pineapple juice, one egg, 1/2 cup to taste. Beat the egg yolk till the pineapple juice, milk and sugar well. Add the egg white beaten to a froth. Pour in a glass.

SAUSAGE RICE MUFFINS: Six large pork sausages, 1/2 cup cooked rice, 2 cups flour, 5 teaspoons baking powder, 1 egg, 3/4 cup diluted evaporated milk, 2 tablespoons melted shortening, 1 teaspoon salt. Sift together the dry ingredients. Beat the egg lightly, add rice, milk and shortening. Fold in the flour. Pour in lightly greased muffin tins; stand 1/2 sausage upright in each one. Bake for 20-25 minutes at 425° F.

APRICOT-PINEAPPLE CONSERVE:

One-quarter pound dried apricots, 2 cups cold water, a 20-ounce can crushed pineapple, 3 pounds sugar, 1 bottle liquid pectin, 1/4 cup shredded almonds, 2 teaspoons almond extract. Soak apricots in the water overnight. In the morning bring to a boil and simmer for 30 minutes. Drain. Chop fruit, add pineapple juice and apricot syrup. There should be 4 cups, or add water to make correct amount. Add the sugar, bring to a rolling boil, boil hard 1 minute. Remove from fire, add other ingredients, skim, pour and seal.

ROLLED ASPARAGUS SANDWICH:

Cut the crusts from a fresh loaf of bread. Spread a thin layer of creamed butter on one end of the loaf and then cut from it as thin a slice as possible. Place a canned asparagus tip on this slice and roll with the spread side inward. Lay it on a napkin, with the edge of the slice downward. When all the sandwiches have been prepared, draw napkin firmly around rolls and put them in a cold place for several hours.

PINEAPPLE RICE CREAM:

One and one-half cups pineapple juice, 1 1/2 tablespoons granulated gelatin, 1/4 cup cold water, 1 tablespoon lemon juice, 1 1/2 cups rice, 1/2 cup sugar and 1/2 cup whipping cream. Soak the gelatin in the cold water, heat the pineapple juice and add to gelatin; add lemon juice and sugar and stir until dissolved. Cool. When partially firm, fold in the rice and whipped cream. Pour in a mold rinsed in cold water. Chill till firm.

FARINA NUT CAKE:

Five eggs, 1 cup sugar, 3/4 cup farina, 1 cup minced walnuts or pecans, 1/4 teaspoon salt, and 1 teaspoon vanilla. Separate the yolks and whites and beat the yolks vigorously till thick and lemon-colored. Gradually add the sugar, beating continuously. When smooth, fold in the farina, the nuts, salt and vanilla. Beat the whites until stiff, but not dry; fold into the first mixture. Pour in a spring mold and bake 45 minutes at 350° F. Split in half and fill with sweetened whipped cream, or if it is baked in a funnel-shaped mold, fill the center of the cake with sweetened whipped cream or with a rich soft custard.

MOLASSES JAPS:

Two and one-half cups light brown sugar, 1 cup molasses, 1 teaspoon cream of tartar, 1 package shredded coconut and 3/4 teaspoon salt. Put molasses and sugar in a deep pot (2 1/2 quart size) and bring to medium-ball stage (240°-244° F.) on a slow fire. Stir frequently. Remove from fire, add 1 cup coconut and the salt. Pour in a well-buttered pan. When cool, cut in pieces, shape in sticks and roll in shredded dry coconut.

QUICK CHOCOLATE FROSTING:

Melt two squares chocolate over hot water; blend with 3 teaspoons of soluble coffee, 2 tablespoons cream, 3 tablespoons of hot water, 2 cups confectioners sugar. Spread on sunshine cake. Decorate with walnuts.

PLAIN ROLLS (Basic Recipe)

- | | |
|--|---------------------------|
| 2 cakes compressed yeast | 1/2 teaspoon salt |
| 1 cup milk, scalded and cooled to lukewarm | 1 egg |
| 1/4 cup sugar | 4 cups flour |
| | 1/3 cup melted shortening |

Crumble yeast into a bowl, add milk slowly and stir to dissolve yeast. Stir in sugar, salt, beaten egg and half the flour. Mix well, then stir in rest of flour. Add melted shortening and mix thoroughly. Turn out on floured board and knead two or three minutes until you have a smooth dough. Put in a bowl, cover and let rise over hot, not boiling, water until double in bulk. Turn out on board and knead until smooth. Form into the desired shapes, brush with milk or melted butter and let rise again until double [Turn to page 67]

CHOCOLATE TAPIOCA PUDDING (see photograph)

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|--|--|
| 1 square or 1 ounce of unsweetened chocolate | 1 cup evaporated milk diluted with 1 cup water |
| 1/4 cup sugar | 2 egg yolks |
| 1/8 teaspoon salt | 1 teaspoon vanilla |
| 3 tablespoons quick tapioca | 2 egg whites |
| | 4 tablespoons sugar |

Melt chocolate over hot water. Add sugar, salt, tapioca, and diluted evaporated milk. Continue cooking over hot water, stirring constantly, until thick. Pour over the beaten egg yolks. return to double boiler and cook 2 minutes longer. Add vanilla. Pour into greased, shallow baking dish.

Cover top with a meringue made by beating egg whites until stiff and folding in 4 tablespoons sugar. Bake in a slow oven (300° F.) 15 minutes or until meringue is a delicate brown.

COCOA MILK SHAKE

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|---------------------|-------------------------|
| 1/3 cup cocoa | 1/4 teaspoon vanilla |
| 1/3 cup sugar | |
| 1 cup boiling water | Diluted evaporated milk |
| Few grains salt | |

Mix cocoa and sugar together, add boiling water and boil 5 minutes. Add salt and vanilla. Cool and store in a covered glass jar in the refrigerator. Add 3 or 4 tablespoons of the cocoa syrup to 1 cup diluted evaporated milk (evaporated milk diluted with equal quantity of water.). Stir well or shake.

BAKED NOODLES AND CHEESE

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| 1 tablespoon fat | 3 1/2 cups cooked noodles (9 ounce package) |
| 2 tablespoons flour | |
| 1/2 teaspoon salt | 1 1/2 cups grated cheese |
| Few grains pepper | 1 cup soft crumbs, buttered |
| 1 cup evaporated milk diluted with 1 cup water | |

Heat fat, add flour, salt and pepper. Add diluted evaporated milk and cook over hot water until thick, stirring constantly. Put a layer of noodles in bottom of a greased casserole; add a layer of sauce and cheese. Continue until all the ingredients are used. Cover top with buttered crumbs. Bake in a moderate oven (375° F.) about 25 minutes or until crumbs are a delicate brown. Serve immediately.

SCALLOPED RICE AND CHICKEN

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| 1 tablespoon fat | 1 1/2 cups evaporated milk diluted with 1 1/2 cups water or chicken stock |
| 2 tablespoons flour | |
| 1 teaspoon salt | 2 cups boiled rice |
| Few grains pepper | 1 cup buttered soft crumbs |
| 2 cups cooked chicken, cut fine | |

Heat fat, add flour, salt and pepper. Add diluted evaporated milk and cook over hot water, stirring constantly, until thick. Add rice and chicken. Pour into a greased casserole. Sprinkle top with crumbs. Bake in a moderate oven (375° F.) 25 minutes or until crumbs are browned. Serve immediately. Adults may prefer this dish curried. To do this, add 1 to 2 teaspoons curry powder with the flour.

APRICOT ICE CREAM

- | | |
|--|-------------------------------|
| 1/2 cup evaporated milk | 1 egg yolk |
| 1/4 teaspoon gelatine | 1/2 cup sugar |
| 1 tablespoon cold water | Few grains salt |
| 1/2 cup evaporated milk diluted with 1/2 cup apricot juice | 1 cup apricot pulp |
| | 1/2 teaspoon almond flavoring |
| | 1 egg white |

Scald evaporated milk over hot water. Sprinkle gelatine over the cold water, add to the hot evaporated milk and stir until dissolved. Chill. Add the diluted evaporated milk to egg yolk slowly and mix until blended. Add sugar and salt; cook over hot water, stirring constantly, until thoroughly heated. Add apricot pulp and flavoring. Chill. Whip chilled evaporated milk and egg white; fold into apricot mixture. Pour into freezing tray of mechanical refrigerator. Stir occasionally until the mixture is frozen.

APPLE-BACON PANCAKES: Two cups pancake flour, 2 cups liquid, 6 strips bacon (minced), 1/2 cup finely chopped apple. Blend all the ingredients and bake on a griddle over a rather slow fire. Serve with butter and maple syrup.

MINT TEA: A delicious addition to a piping hot cup of tea is a slice of orange topped by a little green mint jelly.

PINEAPPLE COOKIES: Three tablespoons butter, 1/2 cup sugar, 1 egg, 1/4 cup unsweetened pineapple juice, 1 teaspoon baking powder, 1/2 teaspoon salt, flour (about 1 cup), angelica. Cream the butter, add the sugar gradually, then the well-beaten egg. Sift the dry ingredients and add alternately with the pineapple juice. Drop by teaspoonfuls on a well-greased cookie pan. Top each one with a diamond of angelica. Bake at 375° F. until brown. Roll while warm.

DATE NUT PIE: One cup sweetened condensed milk, 2 eggs, 1/4 pound pitted dates (1/2 cup), 1/2 cup chopped nutmeats, 1 teaspoon vanilla extract, pinch of salt, 10 graham crackers, 3 tablespoons melted shortening, 2 tablespoons sugar. Roll the graham cracker crumbs and blend with melted shortening and sugar. Spread on a pie plate. Blend condensed milk with the lightly beaten egg yolks, the dates, nuts, vanilla and salt. When thoroughly blended, fold in the stiffly beaten egg whites. Pour on cracker crust and bake 30 minutes in a moderate oven (350° F.). Serve warm.

TOM'S APPETIZERS: Blend 6 slices of liver sausage with 6 tablespoons minced onion and spread on soda crackers. Place them under the flame till lightly browned.

BRAN COOKIES: One cup bran, 1/2 cup shredded coconut, 1/4 cup brown sugar, 2 egg whites, 1/4 teaspoon salt. Beat the egg whites slightly, fold in all the other ingredients, drop by teaspoonfuls on a well-greased cookie sheet. Bake for 20 minutes in a moderate oven (400° F.).

GINGERBREAD NUT SHORTCAKE: Prepare a dozen molasses gingerbread cup cakes according to your favorite recipe, and add 1/2 cup minced walnuts to the cake batter. Pour in well-greased muffin tins and bake 30 minutes at 350° F. Split each hot ginger cake and insert an individual roll of vanilla ice cream or its equivalent in homemade refrigerator ice cream. Cover with the top of the muffin and serve at once.

CORNEBEEF HASH ELIDA: Slice canned corned beef hash in half-inch slices. Retain the shape by chilling unopened can thoroughly. Top each slice of corned beef hash with a slice of tomato and an outside circle of finely minced onion. Sprinkle the tomato with salt, pepper and crumbs and dot with butter. Bake in a 350° F. oven until the tomato is tender.

SPONGE CAKE TAPIOCA: One-third cup granulated tapioca, 1/2 cup sugar, 1 egg, 4 cups milk, 1/4 teaspoon salt, 1/2 teaspoon vanilla. Blend tapioca, sugar, salt, egg yolk, and milk in top of double boiler over boiling water, bring to scalding point and cook 5 minutes, stirring often. Remove from boiling water. Beat the egg white till stiff. Fold a small amount of tapioca into egg white, add remaining tapioca and blend. Cool. Pour in a baking dish lined with 2 sliced oranges. Top with sponge cake made by sifting together 1/2 cup flour and 1/2 teaspoon salt. Beat 2 egg yolks until they are thick and lemon-colored. Gradually add 1/2 cup sugar and 2 teaspoons lemon juice. Fold in the sifted flour and 2 stiffly beaten egg whites. Spread on top of tapioca and bake 20 to 30 minutes in moderate oven.

CHRISTMAS PUDDING

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|--|------------------------------|
| 1/2 lb. McDougall's Self-Raising Flour | 1/2 lb. shredded suet |
| 1/2 lb. bread crumbs | 4 eggs |
| 1/2 lb. currants | 1/2 lb. stoned raisins |
| 1/2 lb. sultanas | 4 oz. mixed peel |
| 6 oz. Demerara sugar | 2 oz. blanched almonds |
| 1 apple | 1/2 teaspoon ground cinnamon |
| 1/2 teaspoon mixed spice | 1/2 teaspoon grated nutmeg |
| 1 lemon rind and juice | |

1/2 gill brandy 1/2 teaspoon salt 1 1/2 gills milk
Mix the flour, crumbs, and suet with the chopped peel, raisins, almonds, and apple. Add the flavoring, the eggs, well-beaten, and the brandy, lemon juice, and milk. Mix thoroughly, put the mixture into greased basins, and cover with greased greaseproof paper and a pudding cloth. Boil for 8 hours or steam without the pudding cloth for 10 hours. Store in a dry cool place and when required steam for 3 hours.

CHRISTMAS CAKE

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|--------------------------------------|-------------------|
| 9 oz. McDougall's Self-Raising Flour | 6 oz. brown sugar |
| 1 lb. currants | 1/2 lb. sultanas |
| 1/2 lb. candied peel | 3 eggs |
| 1/2 teaspoon mixed spices | 1/2 gill milk |

Prepare the fruit in the usual way. Cream the butter and sugar, then beat in the eggs with one tablespoon flour to each. Add the fruit, spices and milk and lastly the flour. Put the mixture into a well-greased cake tin 7 in. or 8 in. across by 4 in. deep, lined with double greaseproof paper; stand on another tin and bake for about 3 1/2 hours, in a moderate oven, reducing the heat towards the end of the cooking. Keep for a week before icing.

RICHER CHRISTMAS CAKE

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| 1 lb. McDougall's Self-Raising Flour | 6 oz. butter or margarine |
| 6 oz. soft brown sugar | 3 eggs |
| 2 oz. syrup | 8 oz. currants |
| 4 oz. raisins (stoned and cut up) | 3 oz. sultanas |
| 3 oz. cherries (halved) | 4 oz. mixed peel (chopped) |
| 1 oz. sweet almonds | 1 oz. bitter almonds |
| 1/2 teaspoon mixed spice | 1/2 teaspoon salt |
| 1/2 gill milk or brandy | |

Line an 8 in. cake tin with double greaseproof paper. Prepare the fruit in the usual way and put the syrup and milk to warm slightly, then cool them. Cream the butter and sugar together, add the eggs one at a time with one tablespoon of the weighed and sifted flour to each, and beat in well. Add all the fruit, spice, milk, etc., and lastly stir in the remaining flour well. Put into the prepared tin and bake in a moderate oven for about 4 hours, reducing the heat towards the end of the cooking.

ALMOND PASTE

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| 1/2 lb. ground almonds | 6 oz. castor sugar |
| 6 oz. icing sugar | |
| Strained juice of 1/2 lemon | 1 teaspoon vanilla essence |
| 1 egg | |

Add vanilla and lemon to the egg, mix the almonds and sugar, and then stir all together. Work up into a pliable non-oily paste. Before applying, brush the cake over with beaten egg or a little warm apricot jam. Leave the almond paste on the cake for as long as possible before adding the royal icing, to avoid yellow patches.

ROYAL ICING

- | | |
|-----------------------------------|--------------|
| 1 1/2 lb. icing sugar | 3 egg whites |
| A few drops of dilute acetic acid | |

Hair-sieve the sugar. Break up egg whites without whisking, mix them into the sugar with a wooden spoon, and beat well. Add the acetic acid and beat again. The icing should be just too stiff to pour easily. Apply with a palette knife. Lemon juice can replace the acetic acid, but it is not so good.

MINCE PIES

- | | |
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| Mincemeat | Puff or short pastry |
| White of egg | Castor sugar |

Grease some patty pans and line them with pastry, put a teaspoon of mincemeat in the centre of each, and brush the sides with a little water. Cover with a second round of pastry, decorate the edges and bake in a quick oven at 400 deg. for Short Pastry and 420 deg. for Puff Pastry for about 20 minutes. Brush the top with a little beaten white of egg, dredge with castor sugar, and return the pies to the oven for one minute.

Regulo Mark 8 for Puff Pastry.
Regulo Mark 7 for Short Pastry.

CRACKAMAC

- | | |
|--------------------------------------|---------------------------|
| 4 oz. McDougall's Self-Raising Flour | Good 1/2 teaspoonful salt |
| 1/2 gill milk or water | |

Sift the flour and salt into a basin. Add the milk all at once and mix to a dough with a fork. Bind into a smooth piece and cut into two. Roll out each half separately. Use a perfectly round rolling pin and roll out as thinly as possible so that the paste is almost transparent and as thin as paper. Flour the board or table frequently to prevent the paste from sticking and also flour the top slightly. Cut into neat squares, rounds, fingers, or oblong shapes and put them on a floured baking sheet and cook in a fairly hot oven until golden brown and crisp—about 8 minutes. Store in an airtight tin.
Regulo Mark 6.

MINCEMEAT

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|--|-----------------------------------|
| 1/2 lb. shredded suet | 1/2 lb. moist sugar |
| 1/2 lb. currants | 2 oz. blanched almonds |
| 1/2 gill brandy or cider | 1/2 lb. apples (peeled and cored) |
| 1/2 lb. stoned raisins | 6 oz. mixed peel |
| 1/2 nutmeg grated | |
| 2 lemons (juice strained, rind grated) | |

Chop the suet, apples, raisins, peel, and almonds (or pass separately through a mincing machine). Mix thoroughly with the other ingredients and tie down in a jar until needed.

Prune Pie With Whipped Cream: Like a shell of pastry and while cooling prepare filling. Scald a cupful of milk andicken with a tablespoonful of corn-starch blended with a little cold milk. Add the yolk of one egg well-whipped, a half-cupful of sugar, a pinch of salt, and a cupful of prunes that have been cooked and pitted, then chopped. Cook for a few moments, then cool and place in the pastry-shell. Serve cold piled with lightly sweetened whipped cream.

Orange Pie is quite as good as lemon meringue when properly made. Whip the yolks of three eggs with a fourth-cupful of sugar, add the juice and grated rind of an orange, the juice and grated rind of half a lemon, and a small piece of butter. Mix thoroughly and place in a pastry-lined pan to bake. When done cover with a meringue made of the egg-whites, three tablespoonfuls of powdered sugar, and a tablespoonful of orange-juice.

Caramel Custard Pie: Place two large tablespoonfuls of granulated sugar over the fire in a saucepan and stir till it has melted and turned a deep brown, but not burned. Then pour over it a cupful of scalded milk and stir till dissolved. Remove from the fire and pour over two well-beaten eggs which have been mixed with a scant tablespoonful of corn-starch and a half-cupful of sugar. Flavor slightly with vanilla and bake in a pastry-lined pan until the custard is set and delicately browned.

Pineapple Pie: Here is a dessert that will be sure to please "the tired business man," it is so refreshing and tempting. To one small can of grated pineapple add three eggs, one and a half cupfuls of sugar, a half-cupful of cold water, and a piece of butter the size of an egg. The eggs should be beaten separately and the whites added last, the whole mixture then whipped lightly and baked with an under crust only. The amount given will make two moderately large pies.

Banana Pie: Fill a pastry-lined pan with sliced raw bananas dotted with bits of butter and sprinkled with a half-cupful of sugar. Pour orange-juice or diluted jelly over the fruit, dredge lightly with flour, and bake with two crusts.

Butter-Scotch Pie has become very popular of late, and here is a very good recipe for it. Line a deep pan with pastry and fill with a mixture made as follows: Melt together two large tablespoonfuls of butter and a cupful of brown sugar. Cook till a rich brown, then add a large cupful of scalded milk. Simmer for a few minutes, or until the sugar is dissolved, and whip in the yolk of one egg beaten to a cream with a tablespoonful of corn-starch. Bake till the custard is set and spread with a meringue made of the egg-white whipped with a tablespoonful of powdered sugar. Flavor both pie and meringue with a few drops of vanilla.

Apple Pie With Cream Cheese is a delicious novelty. Line a deep pie-plate with pastry and fill with tart, smooth apple sauce. Bake without a top crust and when done cover with a cupful of whipped cream which you have added half a small cream cheese pressed through a ricer. If adept with pastry-tubes, this cream cheese may be shaped in some fanciful form, which will greatly to the attractiveness of the pie.

Marshmallow Apple Pie is very tasty. It is made by filling a pastry-pan with well-flavored apples, pared, and cut in eighths. These are packed thickly with sugar and a few cups of water poured over them. The apples are baked till the apples are tender, then with halved fresh marshmallows and added to the oven to brown delicately.

Worcestershire Pie is worthy a place in the collection of delectable desserts. Take two large pared and cored apples, when tender, press through a sieve. Add a large tablespoonful of butter, then beat in the yolk of one egg, the rind of half a lemon, a half-cupful of sugar, and a half-cupful of thick cream. Bake in a hot oven, then cover with a meringue and brown lightly.

Yorkshire Tart is a variety of pie little known in America, but very good. Line a pie-tin with pastry and spread with a layer of preserves, strew chopped blanched almonds over this, and bake till the pastry is a delicate brown. Then cool and cover with sweetened and flavored whipped cream. Serve with cream or boiled custard.

Pecan Pie is a favorite in the South and good in any locality. Scald a cupful of sweet milk with a half-cupful of sugar, thicken when boiling with a tablespoonful of flour rubbed smooth with two tablespoonfuls of water. Add gradually the well-beaten yolks of two eggs and drop in a teaspoonful of butter. Cool and add the juice of a lemon and a cupful of chopped pecan meats. Bake in a pastry-lined pan, and finish with a meringue made of the egg-whites, two tablespoonfuls of powdered sugar, and a teaspoonful of lemon-juice. Brown slightly.

Waffles

- 1 1/2 cups flour
- 3/4 cup milk
- 2 eggs
- 2 cups milk
- 2 1/2 cups milk
- 4 tablespoons butter
- 2 1/2 cups milk

Mix and sift the flour, corn-meal, baking-powder, salt, sugar, and add corn flakes rolled or crushed until fine. Add the eggs well beaten, and the melted shortening; then add two and one-half cupfuls of milk or enough to make a thick batter.

Bake in waffle-irons that are hot and greased.

Corn-Flake Raisin

Put the shortening, sugar, and salt into a bread raiser and pour over them one and one-half cupfuls of boiling water. When lukewarm, pour it over the yeast-cake and let it soften. When lukewarm add the remaining one-half cupful of boiling water and five cupfuls of the sifted wheat.

Stir thoroughly mixed, using a knife or mixer. Add the remaining flour, mix, and knead until the dough is smooth and elastic. Return to bread raiser, cover with a clean cloth, and rise until double in bulk. Cut down, and toss the corn flakes rolled fine, and one cup of raisins slightly dredged in flour. Toss a board and knead, then shape into loaves. Bake in greased pans. Let rise until double in bulk, and bake in a hot oven.

Some E. Meadler, 2115 Beechmont Ave., Mt. Vernon, Ohio.

Corn-Flake Date

Combine the stoned dates, granulated sugar, and cold water in a sauce-pan. Boil until the dates are soft, and allow to cool. Cream the butter and brown sugar together, then add the corn flakes and flour and soda sifted together. Mix well, then add warm water enough to make a stiff dough. Divide the dough into equal parts, roll out thin, spread the date filling on one part, put the second layer on top, and cut into squares. Place the squares in buttered tins and bake in a hot oven ten to fifteen minutes.

Mrs. F. Redifer, 3227 Le Moyne St., Chicago.

Corn-Flake Loaf

Combine the dry ingredients, and add one cupful of milk and eggs, slightly beaten. Allow to stand until the flakes are thoroughly moistened. Pour into a buttered baking-dish and bake in a moderate oven one-half hour. Serve with white sauce, using the following recipe: Melt two tablespoonfuls of butter or a margarin, and add two tablespoonfuls of flour. Cook until the mixture bubbles. Then add gradually two cupfuls of cold milk, stirring constantly. Cook until the mixture thickens. Season with salt and pepper to taste. The loaf may be served without the white sauce. This recipe makes a substantial substitute and will serve four.

RICH BEAN SOUP

- 1 can condensed bean soup
- Milk
- Cooked ham

Pour out the bean soup and add an equal quantity of milk or water. Stir until blended. For extra flavor, add a little cooked ham, coarsely chopped, to the bean soup. Heat to boiling point, then reduce heat and simmer for a few minutes. Serves 4 to 6.

COMBINATION SOUP

- 1 can vegetable soup
- 1 can noodle soup

Combine the vegetable and noodle soup. (If condensed soup is used add an equal quantity of water, but if prepared soup is used no water is needed.) Heat to boiling point. Serves 4 to 6.

SPINACH FLORENTINE

- 2 tablespoons fat
- 2 cups cooked or canned spinach
- 2 tablespoons flour
- 6 eggs
- 1/2 teaspoon salt
- 1/2 cup buttered crumbs
- 1 cup milk

Heat fat, add flour and salt, and mix well. Add milk slowly and cook over hot water until thick, stirring constantly. Chop the spinach rather fine and put in the bottom of a greased

casserole. Pour the white sauce over it. Make six wells in the sauce and drop an egg in each. Sprinkle top with crumbs and bake in a moderate oven (350° F.) about 20 minutes or until eggs are set.

MARINE PIE

- 4 tablespoons fat
- 2 cups milk
- 3 tablespoons flour
- 1 cup tuna fish
- 1 cup celery, diced
- 1 teaspoon salt
- 1 cup asparagus tips
- Few grains cayenne
- Few grains pepper
- Mashed potatoes

Heat fat, add flour, salt, cayenne and pepper. Add milk and bring slowly to the boiling point, stirring constantly. Add tuna fish, celery and asparagus tips. Pour into a casserole. Cover with mashed potatoes. Bake in a hot oven (400° F.) 20 minutes or until a delicate brown.

LATTICE PEACH PUDDING

- 6 peach halves
- 4 tablespoons brown sugar
- 1 1/4 cups crushed pineapple, drained
- Butter
- Biscuit dough

Arrange peach halves in bottom of a shallow baking dish. Cover with the crushed pineapple. Sprinkle with sugar and dot with butter. Roll out biscuit dough to 1/4-inch thickness on a slightly floured board and cut in thin strips. Arrange the strips in criss-cross fashion on top of the fruit, trim off dough to edge of pan. Bake in a hot oven (400° F.) 15 to 20 minutes or until biscuit dough is a delicate brown. Serve hot or cold with Golden Sauce. Apricot halves and sliced bananas can be used instead of the peach and pineapple.

GOLDEN SAUCE

- 5 tablespoons butter
- 1 egg
- 1 cup confectioner's sugar
- 1/4 teaspoon vanilla

Cream butter and sugar together. Add beaten egg slowly and mix well. Heat over hot water, stirring constantly. Remove from heat, add vanilla.

CONSIGNMENT NO. 11.

69 125 BU. POTATOES.

Price.....

76

Pr

Roast Duck

Clean ducks thoroughly, washing well in cold running water. Wipe dry and stuff with sage and onion dressing. Place birds in roasting pan with wings and legs tied close to body, spread generously with fat and sprinkle with salt and pepper. Place in hot oven (450° F.) for 10 to 15 minutes, add 1 cup water and reduce heat to moderate (350° F.). Baste frequently while cooking, allowing about 20 minutes per pound. When done remove ducks to platter, pour off most of grease and make a brown gravy with what remains in the pan. Or serve with Orange Sauce.

Orange Sauce

3 tablespoons fat Salt and pepper
4 tablespoons flour ¾ cup orange juice
1½ cups stock or water Grated rind ½ orange
1 tablespoon or more sherry flavoring

Add flour to hot fat and allow to brown well. Add stock or water gradually, stirring until smooth. Season to taste with salt and pepper. Just before serving add orange juice and rind, and the sherry flavoring.

Sage and Onion Stuffing

¾ cup fat ½ teaspoon pepper
½ cup chopped onions 1 tablespoon, or more, sage
3 quarts soft bread crumbs 2 tablespoons chopped parsley
1 tablespoon salt

Cook onion in hot fat until almost tender. Add soft bread crumbs mixed with seasonings and cook until bread is thoroughly heated and well mixed with onions. Makes enough stuffing for 2 ducks or one 10 to 12 lb. fowl.

Oyster Stuffing

½ cup fat ½ teaspoon pepper
2 quarts soft bread crumbs 1 quart small oysters
1 tablespoon salt ½ cup oyster liquor

Mix bread crumbs, salt and pepper; add fat, melted, and mix well. Clean oysters, being careful to remove all particles of shell, and add to crumbs. Moisten with hot oyster liquor. Enough for 8 to 10 lb. fowl.

Green Tomato Mince Meat

Half peck green tomatoes (chopped). Drain, measure liquid and replace with equal quantity of cold water. Scald. Do this three times. Leave on water last time. Add:

½ peck apples (chopped fine), 2 lbs. seeded raisins (chopped), 5 lbs. brown sugar, 1 cup vinegar, 1 cup butter, 1 tablespoon salt, 1 tablespoon each, cinnamon, cloves, allspice, nutmeg, juice and rind of 1 orange.

Cook until well done and bottle in quart sealers.

"My Best Gingerbread"

½ cup sugar, ½ cup butter and lard mixed, 1 egg, 1 cup Brer Rabbit Molasses, 2½ cups sifted flour, 1½ tps. soda, 1 tsp. cinnamon, 1 tsp. ginger, ½ tsp. cloves, ½ tsp. salt, 1 cup hot water.

Cream shortening and sugar. Add beaten egg, molasses, then dry ingredients which have been sifted together. Add hot water last and beat until smooth. The batter is soft, but it makes a fine cake. Bake in greased shallow pan 35 minutes in moderate oven (325° to 350° F.). Makes 15 generous portions. Good old-fashioned gingerbread.

Mock Duck

1 lb. chopped veal 1 cup grated dry bread or rolled cracker crumbs
1 lb. chopped pork 1½ teaspoons sage
1 lb. chopped beef ½ teaspoon marjoram
1½ tablespoons salt 1 egg
½ teaspoon pepper Dash tabasco
2 tablespoons chopped onion 1 cup stock
1 tablespoon chopped parsley

Have veal, pork, and beef put through meat grinder together. To this add salt, pepper, onion, sage, marjoram, parsley, tobasco, and crumbs. Mix thoroughly, then add slightly beaten egg and stock. (Make stock to use for gravy and for basting meat from a piece of veal bone broken in pieces; cover with water and cook slowly for about one hour). When liquid has been well blended with meat, pack into greased pan, shaping into an oval loaf. Bake in moderate oven (375° F.) about 3 hours, basting occasionally with ½ cup stock to which 3 tablespoons fat have been added. Serve with Mushroom Gravy.

Mushroom Gravy

Peel and chop ½ lb. mushrooms; fry 1 tablespoon chopped onion in 4 tablespoons fat about 3 minutes; add mushrooms and cook 10 minutes longer. Sprinkle with 4 tablespoons flour and stir until flour begins to brown. Add gradually 2 cups stock (made from veal bone) and cook until thickened, stirring constantly. Season to taste with salt, pepper, and a dash of Worcestershire sauce.

Grilled Orange Slices

Wash and dry seedless oranges. Slice about ½ inch thick. Dip slices in granulated sugar, then cook slowly, until edges are slightly brown, in heavy frying pan containing a small amount of hot fat.

Spiced Apples

Core, but do not peel, as many small tart apples as will be needed. Insert 2 or 3 whole cloves in each. Make a syrup of equal parts sugar and water to which enough spicy cinnamon drops have been added to give a bright red color. Cook apples in syrup until almost tender, being careful not to allow them to become too soft. (Cook in a shallow pan, a few at a time so that the apples will not become mushy). Chill thoroughly before serving.

Jellied Cranberries

Pick over and wash 3 cups cranberries. Boil 2 cups sugar and 1 cup water for 5 minutes. Add cranberries; cook without stirring until skins break and berries become clear. Turn into mold or bowl to cool.

HOLIDAY NUT ROLL: Three cups light brown sugar, 1 cup undiluted evaporated milk, ½ cup chopped Brazil nuts or walnuts, ¼ cup candied cherries and sliced citron, 1 tablespoon corn syrup, pinch soda, ¼ teaspoon salt. Boil the sugar, milk and syrup to the soft-ball stage, 238° F., add soda and salt. Cool till cool enough to touch. Beat thoroughly. Add nuts and fruit. Roll, fasten with pins in a dampened cloth, store in refrigerator and cut in slices as needed.

BRAZIL NUT BRITTLE: One cup sliced blanched Brazil nuts, 1 cup sugar, pinch of salt. Melt the sugar in a heavy frying pan until dark brown, add salt and nuts. Pour on a heavily greased pan. Cool, and break up.

COFFEE DATE MUFFINS: Three cups pastry flour, 1 egg, 1¼ cups strong coffee, ½ cup diced dates, ¼ cup light brown sugar, 2 tablespoons melted shortening, 4 teaspoons baking powder, ½ teaspoon salt. Sift the dry ingredients; beat the egg, add to it the coffee and the shortening. Combine the liquid and dry mixtures rapidly, fold in the dates. Bake in greased muffin tins in a hot oven, 400° F., for 20-25 minutes.

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Fruit Cake

1 lb. seeded raisins, 1 lb. currants, ½ lb. sliced candied citron, ¼ lb. each of sliced lemon and orange peel, ½ lb. dates, ½ cup candied cherries and pineapple, 2 cups bread flour, 1½ teaspoons cinnamon, ½ teaspoon mace, 1 teaspoon nutmeg, 1 teaspoon allspice, ¾ teaspoon salt, 1 cup butter, 1 cup sugar, 6 eggs, juice of 1 lemon, ¼ cup grape juice, ¼ cup orange juice, ½ lb. almonds, shredded.

Put the raisins through the food chopper using the coarse knife. Cut the dates. Place in a bowl and add the peel and the fruit. Mix the flour, salt and spices and sift these dry ingredients over the fruit, blending with the tips of the fingers. Cream the butter in a large mixing bowl, add the sugar gradually then the eggs which have been beaten. Stir in the fruit and flour mixture alternately with the fruit juices. Mix thoroughly. Place in straight-sided pans which have been well buttered or lined with heavy waxed paper which has also been buttered. Bake in a very slow oven for two, three or four hours, depending upon the size of the pan. Test with a toothpick to be sure, however, when it is done.

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MINCEMEAT GRIDDLE CAKES: One 9-ounce package mincemeat, ½ cup water, 1 cup flour, 4 teaspoons baking powder, 1 cup cornmeal, ½ teaspoon salt, 1¼ cup milk, 1 egg, ½ cup melted shortening. Break mincemeat in pieces, add water and cook until the mixture is practically dry. Cool. Sift the dry ingredients and combine with the egg and milk, beating vigorously. Add the shortening and fold in the mincemeat. Bake on a hot griddle. Powdered sugar and a squeeze of lemon juice are delicious accompaniments. These are very good for a luncheon dessert or for a leisurely breakfast.

BEAN SOUP WITH SAUSAGE: To canned bean soup add slices of peeled cooked frankfurters. Heat; garnish with bread croutons.

PICKLED FIGS: Two cups dried black figs, 4 cups water, ½ cup grape juice, ½ cup cider vinegar, 1½ cups sugar, ¼ teaspoon salt, cloves. Wash figs and stick 2 cloves in each one. Cover with water and boil 45 minutes. If evaporation is rapid, add more water. Add remaining ingredients and continue cooking, slowly, for 45 minutes more. Serve cold as a meat garnish or with whipped cream for dessert.

RICE AND SHRIMP IN EGGPLANT: One medium eggplant, 1½ cups boiled rice, ½ lb. cooked shrimps or 1 small jar wet shrimps, ¼ cup shortening, ¼ cup minced onion, 1 minced green pepper, 3 slices garlic, if liked, salt and pepper to taste. Split the unpeeled eggplant lengthwise and cook 20 minutes in boiling salted water. Drain, hollow out the center and cut in cubes. Sauté the onion, garlic and green pepper in the shortening, add the shrimps, rice, eggplant cubes and seasonings. Replace in eggplant, sprinkle with cracker crumbs, bake 30 minutes at 475° F.

OATMEAL CRUNCHIT: Three-fourths cup oatmeal, ¼ cup sugar, 1 egg white, 2 tablespoons minced nuts, pinch salt, pinch cream tartar, coarsely grated rind 1 small orange. Beat the egg white with the salt and cream of tartar till frothy, gradually add the sugar. When rosy, fold in the other ingredients. Drop by spoonfuls on a greased baking sheet. Bake 15 minutes at 320° F.

NUT CLUSTERS: Two-thirds cup condensed milk, 6 tablespoons cocoa, ½ cup sliced walnuts or Brazil nuts, shredded coconut or crumbled cornflakes. Blend the condensed milk with the cocoa and cook over rapidly boiling water for 8 minutes. Stir in the nuts and roll by teaspoonfuls in coconut or cornflakes. Chill for two hours.

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COCONUT CREAM FRUIT PIE

2 tablespoons sugar
2 tablespoons flour
1 teaspoon salt
1 cup milk
2 egg yolks, slightly beaten
1/2 cup Baker's Coconut
2 tablespoons water
1/4 teaspoon vanilla

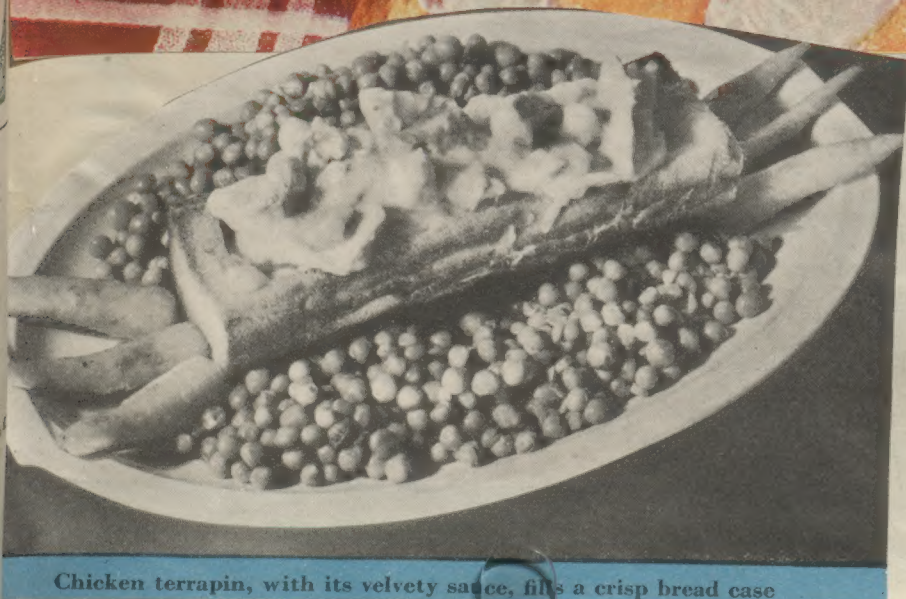
2 teaspoons vanilla
Fruit (★)
1 baked 9-inch pie shell
2 egg whites, unbeaten
1/2 cup sugar
Dash of salt

Combine sugar, flour, and salt in top of double boiler. Add milk and egg yolks, mixing thoroughly. Place over rapidly boiling water and cook 10 minutes, stirring constantly. Remove from boiling water; add 1/2 cup coconut and vanilla. Cool. Place 1/2 of fruit in pie shell; then add filling. Place egg whites, sugar, salt, and water in top of double boiler; beat with rotary egg beater until thoroughly mixed. Place over rapidly boiling water and beat 1 minute; then remove from fire and continue beating 1 minute, or until mixture will stand in peaks. Add flavoring. Pile lightly on top of filling. Arrange remaining fruit on top of meringue and sprinkle with remaining coconut. Serve at once.

(All measurements are level)

(★) Use any of the following fruits:

- 1 cup dried prunes, cooked, seeded, and cut in half.
- 1 1/4 cups drained, canned sliced peaches.
- 1/4 cups sliced dates.
- 1 pint fresh strawberries (slice half for filling).
- 2 oranges, sectioned, membrane removed, and sweetened slightly.
- 1 cup dried apricots, cooked and sweetened.
- 5 slices canned pineapple, cut in wedges, with maraschino cherries.



Chicken terrapin, with its velvety sauce, fills a crisp bread case

- 2 Cans Spaghetti in Tomato Sauce
1 1/4 Cups Chicken Bouillon or Mushroom Broth
1 Teaspoon Chili Powder
2 Tablespoons Shortening

Combine the spaghetti, bouillon or broth and chili powder. Heat in a saucepan over boiling water. Melt the shortening, add the green peppers, mushrooms and celery and cook covered until the celery is ten-

- 2 Tablespoons Chopped Green Peppers
1/2 Cup Chopped Fresh or Canned Mushrooms
1/2 Cup Chopped Celery
1 Cup Canned or Cooked Chicken—Cut in Pieces

der. Add this mixture with the chopped chicken to the spaghetti. Mix well, re-heat and serve. Grated Parmesan cheese may be sprinkled on each serving if desired. 8 servings.

RING OF CHEESE SOUFFLÉ WITH SPAGHETTI

- 1/4 lb. American Cheese
1/4 lb. Swiss Cheese
2 Tablespoons Shortening
3 Tablespoons Flour
1 Cup Milk
1/2 Teaspoon Salt
1/4 Teaspoon Paprika
4 Eggs
1 Can Spaghetti in Tomato Sauce

Grate the cheeses. Melt the shortening in a saucepan, add the flour and stir until blended. Add the milk, salt and paprika and cook, stirring constantly until the mixture thickens. Add the cheese, and heat until the cheese melts. Stir constantly. Remove from the heat, cool slightly

and add eggs one at a time, beating vigorously. Pour into a well greased ring mold 8 1/2 inches in diameter. Bake at 325 degrees F. until firm (about 45 minutes). Turn out onto a chop dish, fill center with heated spaghetti and serve at once. 6 servings.

CASSEROLE OF CHOPPED BEEF AND SPAGHETTI

- 1 Can Spaghetti in Tomato Sauce
1/4 lb. Chopped Raw Beef

Heat the chopped beef slowly in a frying pan, stirring frequently from the bottom. Cook until beef is well done. Fill a greased baking dish with alternate lay-

- 1 Medium Onion (Sliced Thinly)

ers of spaghetti in tomato sauce, cooked beef and slices of onion. Bake in a moderate oven 350 degrees F. about twenty minutes. 6 servings.

CALIFORNIA SPAGHETTI

- 1 Cup Spaghetti Broken in Pieces
1 Cup Canned Corn
1 Tablespoon Chopped Green Pepper
3/4 Cup Grated Cheese
1 Cup Milk
2 Tablespoons Shortening
2 Tablespoons Flour
1/2 Teaspoon Salt
1/2 Teaspoon Worcestershire Sauce
1/8 Teaspoon Pepper

Cook the spaghetti in boiling salted water until tender (about 9 minutes). Drain. Melt the shortening in a saucepan, add the flour and blend. Stir in the milk, salt, Worcestershire Sauce and pepper. Cook, stirring constantly, until the sauce thickens. Add one-half cup of the grated

cheese and stir over the heat until the cheese melts. Add the corn, green pepper and spaghetti, mix well and pour into a greased baking dish. Sprinkle with the remaining 1/4 cup of grated cheese. Bake in a moderate oven, 350 degrees F. until cheese melts. 4 servings.

BAKED SPAGHETTI AND TONGUE

- 2 Cups Spaghetti Broken in 1 inch Pieces
1 1/2 Cups Cooked Smoked Tongue (Chopped)
2 Eggs
1 Cup Light Cream
Paprika

Cook the spaghetti in boiling salted water until tender. Drain. Grease a baking dish and fill with alternate layers of the chopped tongue and spaghetti. Beat the eggs until light, add the cream and pour the mixture into the baking dish. Sprinkle the top with paprika. Place the dish in a pan of hot water and bake at 350

degrees until firm. Serve with mushroom sauce. To make sauce: Melt 4 tablespoons of shortening in a saucepan, add four tablespoons of flour and blend. Add 2 cups bouillon and 1/2 cup of sliced canned mushrooms. Season with salt and pepper to taste and cook until thickened. 6 servings.

SCRAMBLED EGGS WITH SPAGHETTI AND HAM

- 1 Cup Spaghetti Broken in one inch Pieces
2 Tablespoons Shortening
4 Eggs
1/2 Teaspoon Salt
1/8 Teaspoon Pepper
3/4 Cup Cooked Ham (Chopped)

Cook the spaghetti in boiling salted water until tender. Drain. Beat the eggs slightly. Add the salt and pepper and the spaghetti. Heat the ham in a frying pan. Melt the shortening in another frying pan and pour in the spaghetti and eggs. Cook

slowly until thickened, scraping the mixture frequently from the bottom of the pan so that it will cook evenly. Place in a serving dish and sprinkle with the heated ham. 4 servings.

Christmas pudding should be.

Ingredients: 2 lb. of beef suet, finely minced (or use shredded Atora), 2 lb. of white breadcrumbs, 1 lb. of McDougall's flour, 1/2 lb. of sour apples (weighed after peeling, coring and slicing), 1/2 lb. each of currants, raisins and sultanas, 2 oz. each of candied peel, citron, and preserved ginger (the latter cut into little cubes, not sliced like the peel), 2 oz. of sweet almonds sliced, 1/2 lb. of Demerara sugar, the juice from half a lemon and half an orange, 1/2 oz. of mixed sweet spice, 1 teaspoonful of Cerebos salt, 6 new-laid eggs, and 1/2 pint of milk. If, instead of Demerara sugar, you use West India sugar the pudding is darker. Currants, too, tend to darken the pudding, so that some people may care to use a greater proportion of currants than stated. It is false economy, however, to buy cheap pudding fruit of any kind, particularly currants; raisins, too, should be large and plump, with slightly wrinkled skins.

Method: Prepare the fruit, washing and picking the currants, chop up the peel, or put it through the mincer, as this method pulps it up so that when mixed in with the other ingredients it melts, and so gives flavour only without being "bitty" in the pudding. It is wise to dust the peel with flour to prevent it from getting sticky. Blanch the almonds and shred them, also cut up the ginger into cubes. Generally your butcher will chop up and prepare suet for you; if not, remove all skin and gristle, chop it finely, or put the suet through the mincer with the apples. If you use Atora this is shredded in readiness. Rub the breadcrumbs by first crumbling the pieces of bread, then put them through a sieve. Mix the salt with the flour, and sieve it, then mix flour, suet and breadcrumbs. Add the fruit and peel, well mix, then add the almonds, ginger, peel, citron and apples, and squeeze in the fruit juice. Next add the spices and stir again. Beat up the eggs to a froth. Make a well in the centre, stir these in, and add the milk by degrees.

Beef Loaf

- 1 1/2 Pounds of minced raw beef
1 Teaspoonful of salt
1/2 Tsp. of grated onion
1 Tblsp. of chopped parsley
1 Egg
1 Cupful of bread crumbs
1/8 Teaspoonful of pepper
1/2 Tsp. grated lemon rind
1 Tblsp. of melted butter
Cold water if necessary

Combine the meat and bread crumbs, add the seasonings, the melted butter and the beaten egg. Mix thoroughly, adding water if the mixture is not sufficiently moist. Shape into a roll or pack into a greased loaf tin, cover with waxed paper and bake in a moderately hot oven—400 deg. Fahr.—for forty-five to sixty minutes, basting frequently with two tablespoonfuls of dripping in a cupful of hot water.

Baked Bean Loaf

- 3 Cupfuls of baked beans
1 1/2 Cupfuls of soft bread crumbs
1/2 Cupful of canned tomatoes
1/4 Cupful of finely chopped onion
1 Egg, unbeaten
1 Teaspoonful of salt
1/4 Teaspoonful of pepper

Put the beans through a sieve or mash thoroughly with a fork. Simmer the onion and the tomatoes together for ten to fifteen minutes and mix with the mashed beans. Add the bread crumbs, the egg and the seasonings and mix thoroughly. Shape into a loaf or pack into a greased loaf tin, sprinkle the top with paprika and bake in a moderate oven—350 deg. Fahr.—for thirty minutes.

We began right at the beginning and compared the time necessary to prepare and mix the ingredients. In this case there was little difference in the actual working time, which included the grinding of the meat and the sieving of the beans. However, the time necessary for simmering the tomatoes for the bean loaf means that a few more minutes must be allowed for the preparation of this dish. These extra few minutes are more than balanced by the shorter cooking period—thirty minutes at 350 deg. Fahr., as compared with forty-five to sixty minutes at 400 deg. Fahr. The time factors then are relatively unimportant in this comparison because the differences are so slight.

Total calories are somewhat higher in the

meat loaf. Worked out on the basis of calories per serving, we found that the meat loaf would yield approximately 210 from an average serving, and the vegetable loaf about 155. The amount of protein is also greater in the meat loaf than in the bean loaf, an individual serving of the one supplying the body with two to 2 1/2 times more of this building material than the other. The beef in our meat loaf scores when it comes to adding iron, the blood builder to the diet, while the beans stand right at the top as being one of the most alkaline foods on our lists, very effective in reducing the acidity of the blood—a condition which we hear mentioned very frequently nowadays. The bean loaf, too, is richer in vitamins than the meat loaf, beans ranking high as a source of vitamin B.

Finally we figured approximate costs, based on local prices and found that an average serving of the meat loaf costs from four to 4 1/2 cents, and a similar serving of the bean loaf averages about 3 1/2 cents.

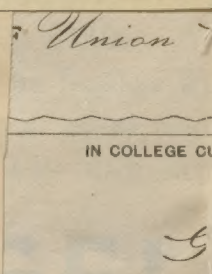
In comparing for flavor, it turned out to be a question of individual tastes, as both dishes were savory and flavorful and generally well liked.

In the same manner we compared a meat loaf with a fish loaf, this time using veal for the meat and canned salmon in the other loaf and following these recipes:

Veal Loaf

- 1 1/2 Pounds of minced veal
1/2 Cupful of water
1 Egg
2 Tablespoonfuls of chopped onion
2 Tablespoonfuls of butter or dripping
1 Cupful of soft bread crumbs
1 Teaspoonful of poultry seasoning or sage
Salt and pepper
2 Tablespoonfuls of hot water

Combine the meat and the bread crumbs thoroughly, add the liquid, the well-beaten egg and the seasonings. When thoroughly combined pack into a greased loaf pan and bake in moderate oven—350 deg. Fahr.—for about 1 1/4 hours, basting [Continued on next page]



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● macaroon trifle

FIRST make a soft custard as follows. Beat egg yolks, then add sugar and salt. Then add the hot milk, stirring constantly. Cook in double boiler, stirring constantly, until the mixture thickens and a coating is found on the spoon. Stir in flavoring.

Now put lemon juice and powdered sugar on bananas and add macaroons. Place portions in deep sherbet glasses alternately with the custard. If desired, top with a small spoonful of ice cream as shown in the photograph.

2 cups scalded milk
3 egg yolks
¼ cup sugar
Dash salt
½ teaspoon vanilla
2 teaspoons lemon juice
½ cup powdered sugar
½ cup sliced bananas
½ cup crumbled macaroons

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● prune whip jewels

CUT slices from the blossom ends of apples; peel, and hollow out centers (using melon ball scoop) leaving bottoms whole and enough sides to retain shape when cooked. Combine the cup of sugar, water, cloves, and sufficient coloring to give apples a pretty pink to red color. Cook apples slowly in a sauce pan, dipping syrup over fruit, and turning to cook all sides until of the desired color and tender but still firm. Remove from syrup and chill. Remove cloves from syrup and chill (add a few drops clove extract to syrup if a more pronounced flavor of clove is desired). Cut prunes from pits in very small pieces, add salt, sugar, vanilla and mix well. Whip cream stiff, fold prune mixture into cream and use to fill apples. Chill thoroughly and if you wish serve with the syrup over the top.

4 large cooking apples
1 cup sugar
1 cup water
¾ teaspoon whole cloves
Red food coloring
1 cup cooked prunes
Few grains salt
3 tablespoons sugar
¾ teaspoon vanilla
¾ cup whipping cream

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● emergency special

STIR sugar and cream together until sugar is dissolved. Boil for 4 minutes; add vanilla. Place a graham cracker on each plate, cover with portion of ice cream, then sauce (hot or cool) and a sprinkling of chopped nuts. The brown sugar sauce may be kept in the refrigerator for days and is excellent to have on hand.

2 cups light brown sugar or
(1½ cups brown sugar and ½ cup white sugar)
1 cup light cream
1 teaspoon vanilla
Graham crackers
Ice cream
½ cup nuts, chopped
Walnuts

Baked Stuffed Trout

6 small trout
1 cup cracker crumbs
1 cup stale bread crumbs
¼ cup melted butter
¼ teaspoon salt
½ teaspoon crumbled sage
½ teaspoon scraped onion
½ cup white wine
½ pound mushrooms

Clean trout and remove entrails, but do not slit. Combine crumbs, 3 tablespoons butter, salt, sage and onion, mixing well. Stuff fish, place in buttered baking pan, slash slightly and bake in hot oven (400° F.) 10 minutes, basting twice with melted butter. Remove from oven, add wine and bake 5 minutes longer. Wash, peel and sauté mushrooms 5 minutes in remaining tablespoon of butter. Remove fish to hot platter; add fish-wine liquor to mushrooms and cook 3 minutes. Pour over fish, and serve at once. Approximate yield: 6 portions.

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